

Fall 2017

Building Your Self Care Toolbox

A FREE, ongoing series of programs designed to give patients, caregivers, families and healthcare staff the tools they need to unplug and handle stress effectively using integrative, supportive therapies.

Tuesday, September 12 • 3:30 PM - 4:30 PM

Meditation: Jessica Proulx, The Om Center: Spend an hour learning how to quiet the chatter of the mind using breath and sound. No experience required!

Tuesday, September 19 • 3:30 PM - 4:30 PM

Art Therapy: Nancy Karim: Come learn how art therapy can help you to express and share your thoughts. You will take home a piece of artwork, absolutely no art experience needed!

Tuesday, September 26 • 3:30 PM - 4:30 PM

Exercise for Well Being: Meghan Lennon, Health & Wellness Director, Greater Waterbury YMCA: Getting regular physical activity is an important part of staying healthy. Learn how staying active can also provide you with psychological benefits – improving mood and self-esteem, and lowering anxiety and stress.

Tuesday, October 3 • 3:30 PM - 4:30 PM

EFT: Linda Dayton, RMT, AAMET Certified - EFT Practitioner. Learn how EFT/Emotional Freedom Technique, also known as Tapping, can be used as a self empowering tool to help reduce and manage stress from everyday life situations.

A healthy snack will be provided. Facilitated by Diane Lafferty, LCSW, OSW-C.
Please reserve your spot: 203-575-5544 or e-mail dparkinson@leevercancercenter.org

 THE HAROLD LEEVER
REGIONAL CANCER CENTER

The Right Team. Right Here.



The Harold Leever Regional Cancer Center is conveniently located off Exit 17.
1075 Chase Parkway, Waterbury, CT 06708 203-575-5555 www.leevercancercenter.org



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