

Spring 2018

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, March 20 • 3:30 PM - 4:30 PM

Tai Chi: Joe Atkins, Tai Chi Instructor. Learn about this Chinese martial art – a form of stylized, meditative exercise characterized by methodically slow circular and stretching movements. Wear comfortable clothing.

Tuesday, March 27 • 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, April 10 • 3:30 PM - 4:30 PM

Chair Yoga: Join Claudette Adams, ERYT as we learn some basic chair yoga techniques to help keep us moving and having fun at the same time. No yoga experience necessary, Chair yoga is done sitting in a chair. Wear comfortable clothes and come ready to move, relax and have fun!

Tuesday, April 17 • 3:30 PM - 4:30 PM

Vision Boards: Diane Lafferty, MSW, OSW-C. Learn how to create a vision board using photos and affirmations to help clarify and focus on a specific life goal. All supplies will be provided.

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

5 2018-1

HL 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

