

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, May 23 • 3:30 PM - 4:30 PM

Reflexology/Hand Massage: Join Claudette Adams, Certified Reflexologist, to learn how this gentle foot massage joins with the body's energy flow to help induce a state of relaxation. Claudette will also teach how to do gentle hand massage for yourself or your loved one to help relieve stress.

Tuesday, May 30 • 3:30 PM - 4:30 PM

Mandalas: Learn about the traditions of mandalas and how they can be used for meditation and relaxation from Diane Lafferty, LCSW, OSW-C. There will be time to create your own mandala. Supplies will be provided.

Tuesday, June 13 • 3:30 PM - 4:30 PM

Aromatherapy 2: Our first class was so successful, we are bringing back Linda Dayton, RMT, to review and build upon Aromatherapy 1 to see how essential oils can enhance and support your body's own ability to help reduce the stress in your life. Journals will be provided.

Tuesday, June 20 • 3:30 PM - 4:30 PM

Nutrition: Are you overwhelmed with all of the nutrition news that you read, wondering what is accurate and what is not? Learn the facts about the most recent trends, and what you can do to maximize your health by the food you eat. Join Karen Sabbath, MS, RD, CSO, for a cooking demonstration incorporating everything you have learned, to complete the afternoon.

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

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