

Spring 2019

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, April 2 • 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, April 9 • 3:30 PM - 4:30 PM

Chair Yoga: Join Claudette Adams, ERYT for a 2 week class as we learn some basic chair yoga techniques to help keep us moving and have some fun at the same time! **No yoga experience is necessary.** Chair yoga is gentle yoga done sitting in a chair. Please wear comfortable clothing and come ready to move, relax and have some fun! We will learn how to connect the head and the heart using gentle movement and breath while seated.

Tuesday, April 16 • 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.

Tuesday, April 23 • 3:30 PM - 4:30 PM

Aromatherapy: Linda Dayton, RMT, AAMET Certified - EFT Practitioner. Explore the use of essential oils as supportive care for general well being and learn how it helps manage stress associated with conventional cancer treatment.

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



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