

**Therapies offered on November 4<sup>th</sup> & November 21<sup>st</sup> (may vary by location):**

**Individual 15-Minute Sessions (reservations required)**

**Table or Chair Massage** – Hands-on massage (clothed) relieves pain from tight muscles, increases joint mobility, improves general health, and creates a sense of well-being.

**Aromatherapy** – Hands-on massage (clothed) with essential oils, applied to the body or inhaled, help improve physical and emotional well-being.

**Comfort Touch** – This nurturing form of acupressure is designed to promote deep relaxation and relief from stress and pain.

**Ear Seed Acupuncture** – Small hard seeds are taped onto points on the ear to relieve individual health concerns such as insomnia, pain, anxiety, cravings, and nausea.

**Healing Touch** – This energy-based therapy helps promote balance and harmony.

**Neurological Re-education** – Relieve tension in the nervous system and restore energy with this therapy.

**Reflexology** – Application of pressure to points on the hands and feet facilitates healing throughout the body.

**Toghers ~ What Caregivers Need** – 15 min sessions with a Caregiver Coach

**Group 35-Minute Sessions (reservations required)**

**Acupuncture for De-stressing** – This ancient Chinese healing system involves the insertion of fine needles on specific points along energy pathways (meridians) to balance energy (chi) in the body.

**Art Therapy** – Learn how to use art as part of the important process of life review with your loved one and enjoy playtime with art too.

**Caring Conversation (Support Group)** – Sharing with fellow caregivers on a similar path can be encouraging and therapeutic.

**Balance Exercises** – This introduction to *A Matter of Balance* teaches basic and gentle exercises to increase strength and balance.

**“What About Me?”** – Learn that it’s possible to be a great caregiver *and* take care of yourself too.

**Individual Drop-In Sessions (reservations NOT required)**

- **Check-in with a Nurse** – Have medical questions? Ask a nurse.
- **Beautiful Hands and Face** – Enjoy a 2-minute makeover that adds sparkle to your face and satiny smoothness to your hands.
- **Manicure** – Treat yourself!
- **Pampered Hands Paraffin Wax** – A hot wax dip does wonders for rough hands