

Join Us for In-Office Spa Days!

Appointments available each month
A trained wellness volunteer will be delighted to personally treat you to a complementary therapy of your choice, at no cost.

REIKI: An energy-based holistic therapy to assist in re-balancing a normal energy flow of life force through a series of light touch hand positions enhancing the body's innate ability to relax and rebalance.

THERAPEUTIC TOUCH: A sequence of gentle hand movements over the individual's body energy field to positively influence rebalancing. Done with a light touch or no touch to restore relaxation and assist with pain management.

AROMATHERAPY HAND & FOOT MASSAGE: The application of a delicate, smooth touch to lower arms, hands and lower legs/feet. The use of essential oils or fragrance-free oils may be applied, to help reduce feelings of stress and anxiety.

Call 905-712-8119 to Book Your Appointment

DECEMBER 2017	
Monday, Dec. 4	10 am – 1 pm
Wednesday, Dec. 13	6 pm – 9 pm
Monday, Dec. 18	10 am – 1 pm

JANUARY 2018	
Monday, Jan. 8	10 am – 1 pm
Thursday, Jan. 18	6 pm – 9 pm
Monday, Jan. 22	10 am – 1 pm

FEBRUARY 2018	
Monday, Feb. 5	10 am – 1 pm
Thursday, Feb. 22	6 pm – 9 pm
Monday, Feb. 26	10 am – 1 pm

MARCH 2018	
Monday, March 5	10 am – 1 pm
Thursday, March 15	6 pm – 9 pm
Monday, March 19	10 am – 1 pm

APRIL 2018	
Monday, April 9	10 am – 1 pm
Wednesday, April 18	6 pm – 9 pm
Monday, April 23	10 am – 1 pm

MAY 2018	
Monday, May 7	10 am – 1 pm
Thursday, May 17	6 pm – 9 pm
Monday, May 28	10 am – 1 pm



HEART HOUSE
H O S P I C E

1-855 Matheson Blvd. East
Mississauga, ON L4W 4L6



Ontario Trillium Foundation  Fondation Trillium de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

hearhousehospice.com



HEART HOUSE

H O S P I C E

Wellness Programs

Individual Art Therapy Sessions

Fridays, 1 pm - 7pm, 1 hour session

Art Therapy is a creative method of expression to explore your feelings and help you to work through difficult circumstances. No experience or artistic talent required. Sessions provided by Art Therapy Student, Anelise Russo.

Gentle Hand and Arm Massage Training for Volunteers and Caregivers

Friday, February 2, 1 pm - 4 pm

Learn how to apply delicate, smooth touch to lower arms and hands with fragrance free oil. It is great for relaxation and reducing anxiety for loved ones and the individuals served at Heart House Hospice.

Qigong Presentation and Demonstration by Nuno

Tuesday, February 13, 7 pm - 8:30 pm

Qigong is a holistic system of coordinated body posture and movement, breathing, and meditation used for health and spirituality. Find out how this system enhances the body's life energy responsible for health and vitality.

Self Discovery Workshop

Wednesday, February 28, 6:30 pm - 9:00 pm

Discover your unique personality preferences based on the work of psychologist, Carl Jung. Learn about your strengths and areas for development which can enhance your ability to relate to self and others.

Tai Chi Presentation and Demonstration by Nuno

Monday, March 12, 7 pm - 8:30 pm

Tai Chi is an ancient Chinese discipline of movements practiced as an exercise to enhance well-being. Tai Chi also promotes healing, stress management, and increased memory.

Discover Your Skills and Talents Workshop

Wednesday, March 14, 6:30 pm - 9:00 pm

Discover your skills and talents for career and volunteer opportunities to connect your interests, values, skills and personality to work and volunteer opportunities.

Contact

Nancy Umphrey, Coordinator of Health and Wellness

for more information or to register for any of these wellness programs.

905-712-8119 x 237 ~ numphrey@hearthousehospice.com