



Health & Wellness Programs at Heart House Hospice

Art Therapy with Anelise Russo

(1 Hour Individual Sessions between 1 pm and 7 pm)

Sept. 18, 25, Oct. 16, 23, Nov. 6, 13 and Dec. 11

Art therapy is intended to support healing and self-expression using various media including pastels, paint, markers and collage. Art therapy can be a deeply validating way of expressing the complex thoughts and feelings that arise and may help to soften anxiety, stress, and painful thoughts or feelings. No previous experience in art is necessary.



Guided Meditation with Sonia Madan

Oct. 18, Nov. 2, Nov. 30 ~7 pm - 8 pm

Meditation is a simple, easy way to improve well-being and connect mind, body, and spirit. Meditation may assist with: concentration, the ability to breathe more easily; increase feelings of calm, happiness, and contentment.



Reiki Level 1 Training

Oct. 4 AND Nov. 1 ~ 6 pm - 9 pm

Reiki is an energy-based holistic therapy used to assist in 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 re-balance. The course includes training on the history and methods of Reiki, attunement, certification, and a course manual. This course is free of charge for Heart House Hospice clients and volunteers. If you are not a client, please contact Nancy for the fee structure.

Call to Register

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