

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

NOVEMBER 2018	
Mon., Nov. 5	10 am – 1 pm
Wed., Nov. 7	6 pm – 9 pm
Mon., Nov. 26	10 am – 1 pm

DECEMBER 2018	
Mon., Dec. 3	10 am – 1 pm
Wed., Dec. 12	6 pm – 9 pm
Mon., Dec. 17	10 am – 1 pm

JANUARY 2019	
Mon., Jan. 14	10 am – 1 pm
Thurs., Jan. 17	6 pm – 9 pm
Mon., Jan. 28	10 am – 1 pm

FEBRUARY 2019	
Mon., Feb. 4	10 am – 1 pm
Wed., Feb. 13	6 pm – 9 pm
Mon., Feb. 25	10 am – 1 pm

MARCH 2019	
Mon., March 4	10 am – 1 pm
Wed., March 13	6 pm – 9 pm
Mon., March 25	10 am – 1 pm

APRIL 2019	
Mon., April 8	10 am – 1 pm
Wed., April 17	6 pm – 9 pm
Mon., April 29	10 am – 1 pm



HEART HOUSE
H O S P I C E

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Ontario Trillium Foundation  Fondation Trillium de l'Ontario

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