

**“THROUGH THE SEASONS ... FALL SESSION:
RELAX, REJUVENATE & RESTORE”
OCTOBER 15TH IN THE CENTENNIAL ROOM
DROP IN ANYTIME FROM 12NOON -2:00PM**

A Spiritual, Holistic Approach To Wellness

**Laura Himmelstein, LCSW, CHTP; Coordinator, Caregiver Support Program
and Healing Touch Program**

Mary Beth Schmidt; MA, BCC, Senior Staff Chaplain

Toyoko Yasui, MSN, RN, OCN, AHN-BC, CCAP; Holistic Nurse Coordinator

Nancy Persely, MS, RN, OCN, HNB-BC; Holistic Nurse

Rabbi Fredda Cohen, MA, JD, BCC; Director, Department of Pastoral Care

**Stations will be set up in Self Care, Healing Touch, Aromatherapy,
Shoulder & Hand Massage and Meditation**

Each station will offer a different variety of relaxation, rejuvenation and restoration skills that will give you a sense of peace, raise your awareness and teach you stress tolerance, coping strategies and relaxation techniques.

**Stop by for 10 and we'll restore your zen!
Drop in anytime from 12:00 noon to 2:00pm**

*If you have any questions, please send an e-mail to
Laura at lhimmelste@wphospital.org, Mary Beth at mschmidt@wphospital.org,
Toy at tyasui@wphospital.org, Nancy at NPresley@wphospital.org
or Fredda at fcohen@wphospital.org*

