

**St. Joseph's Hospice Supportive Care Calendar – February 2018 Wellness Programs**  
**REGISTRATION IS REQUIRED**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Reflexology 9:30/ 11:00 (Lisa)	3 MASSAGE THERAPY 2:00 / 3:00 / 4:00
4	5 DROP IN Meditation 10:30 – 11:45  H.E.A.L. 1:00pm-3:00pm	6 Reiki (Eileen) 9:30 / 11  Massage Therapy 3pm / 4pm	7 Mindfulness 1:00pm-3:00pm Integrated Energy Therapy 1:30 (Raven) Reiki 5:30pm (Carolyn)	8 Reiki (Liz) 10 / 1130 Reconnective Healing 1:00 / 1:30 / 2:00 / 2:30 (Donna) MASSAGE THERAPY (Amanda) 12:00 / 1:30 / 3:00	9	10
11	12 DROP IN Meditation 10:30 – 11:45  H.E.A.L. 1:00pm-3:00pm	13 Massage Therapy 3pm / 4pm Understanding Grief 6:00 – 7:30PM (Monthly Education Group)	14 Mindfulness 1:00pm-3:00pm	15 Cooking for One 6:30-8:30 (Comfort Foods)	16	17
18	19 Family Day	20 Reiki (Eileen) 9:30 / 11	21 Healing Touch 1:30 (Shawnee)	22 Reconnective Healing 9:00/ 9:30/ 10:00/ 10:30 (Donna) MASSAGE THERAPY (Amanda) 12:00 / 1:30 / 3:00	23 Reflexology 9:30/ 11:00 (Lisa)  Massage Therapy 1:00 / 2:30 / 4:00	24
25	26 DROP IN Meditation 10:30 – 11:45  H.E.A.L. 1:00pm-3:00pm	27 Massage Therapy 3pm / 4pm	28 Practicing Self Compassion 1:00pm-3:00pm Healing Touch 1:30 (Shawnee)			

To book an appointment, arrange for transportation or receive more information, contact Supportive Care at 519- 931- 3474.



- Programs printed in BLACK are offered to ALL clients
- Programs printed in RED are offered to BEREAVED clients only
- Programs printed in GREEN are offered to CAREGIVER and BEREAVED clients only