

# St. Joseph's Hospice Supportive Care Calendar – March 2018 Wellness Programs

## REGISTRATION IS REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Massage Therapy 2:00 / 3:00 / 4:00
4	5 DROP IN Meditation 10:30 – 11:45  <b>H.E.A.L.</b> 1:30pm-3:30pm	6	7 <b>Practicing Self Compassion</b> 1:00pm-3:00pm Healing Touch 1:30 (Shawnee)	8 Reconnective Healing 1:00 / 1:30 / 2:00 / 2:30 (Donna)	9 Reflexology 9:30/ 11:00 (Lisa)	10
11 Daylight Savings	12 DROP IN Meditation 10:30 – 11:45  <b>H.E.A.L.</b> 1:30pm-3:30	13 Massage Therapy 3pm / 4pm  <b>Understanding Grief</b> 6:00 – 7:30PM (Monthly Education Group)	14 <b>Practicing Self Compassion</b> 1:00pm-3:00pm Healing Touch 1:30 (Shawnee) Reiki 5:30 (Carolyn)	15 <b>Cooking for One</b> 6:30-8:30 (Comfort Food)	16	17
18	19 DROP IN Meditation 10:30 – 11:45  <b>H.E.A.L.</b> 1:30pm-3:30pm	20 Reiki (Eileen) 9:30 / 11  Massage Therapy 3pm / 4pm	21 <b>Practicing Self Compassion</b> 1:00pm-3:00pm Healing Touch 1:30 (Shawnee)	22 Reconnective Healing 9:00/ 9:30/ 10:00/ 10:30 (Donna)	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  <b>H.E.A.L.</b> 1:30pm-3:30pm	27 Massage Therapy 3pm / 4pm	28 <b>Practicing Self Compassion</b> 1:00pm-3:00pm Healing Touch 1:30 (Shawnee)	29 Massage Therapy (Amanda) 12:00 / 1:30 / 3:00	30	31

To book an appointment, register for a program, 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