


Community & Supportive Care

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2	3	4 Massage Therapy 9:15, 10:30, 12:45, 1:45	5	6
7	8 H.E.A.L. 1:00-3:00 pm	9 Drop-In Meditation 10:00-11:00 am Reiki 12:30, 1:30, 2:30	10	11 <u>Massage Therapy</u> 9:15, 10:30, 12:45, 1:45 <u>Come As You Are: Art</u> <u>Therapy</u> 1:30-3:30 pm	12 <u>Massage Therapy</u> 8:30, 10:00, 1:00, 2:30, 4:00 <u>Exploring Grief</u> 1:00-3:00 pm	13
14	15 H.E.A.L. 1:00-3:00 pm	16 Reiki 10:00, 11:00, 12:00	17	18 <u>Massage Therapy</u> 9:15, 10:30, 12:45, 1:45 <u>Come As You Are: Art</u> <u>Therapy</u> 1:30-3:30 pm	19 <u>Exploring Grief</u> 1:00-3:00 pm	20
21	22 H.E.A.L. 1:00-3:00 pm	23 Drop-In Meditation 10:00-11:00 am Healing Touch 1:00, 2:00, 3:00	24	25 <u>Massage Therapy</u> 9:15, 10:30, 12:45, 1:45 <u>Come As You Are: Art</u> <u>Therapy</u> 1:30-3:30 pm	26 Massage Therapy 8:30, 10:00 <u>Exploring Grief</u> 1:00-3:00 pm	27
28	29 H.E.A.L. 1:00-3:00 pm	30 Manicures 10:45, 11:15, 11:45	31 Reiki 1:00, 2:15, 3:30			

Registration is Required. To register for a program or for more information, please call 519-931-3474 or email admin.assistant@sjhospicelondon.com

- All Clients
- Bereaved Clients Only
- Bereaved and Caregiver Clients Only