



MOUNT AUBURN HOSPITAL

Herzstein Wellness Center

Crivello Wellness & Support Programs

All activities are open, at no charge,
to Oncology Patients and their Caregivers.

To schedule an appointment,
call 617-499-5197.

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Reiki 10:00 - 12:00pm
4 Labor Day	5 Pet Therapy 1:30 - 3:30pm	6 Healing Qigong 6:00 - 7:00pm	7	8 Reiki 10:00 - 12:00pm
11 Acupuncture 9:15 - 11:15am Pet Therapy 9:30 - 10:30am	12 Pet Therapy 1:30 - 3:30pm	13 Healing Qigong 6:00 - 7:00pm	14 Relax & Calm and/or Qigong Exercises 1:00 - 3:00pm	15 Reiki 10:00 - 12:00pm
18 Acupuncture 9:15 - 11:15am Pet Therapy 9:30 - 10:30am	19 Pet Therapy 1:30 - 3:30pm	20 Reiki 10:00 - 12:00pm Ask the Physical Therapist 1:30 - 3:30pm Gentle Chair Yoga 6:00 - 7:00pm	21 Relax & Calm and/or Qigong Exercises 1:00 - 3:00pm	22 Reiki 10:00 - 12:00pm Relax & Calm 1:00 - 3:00pm
25 Acupuncture 9:15 - 11:15am Pet Therapy 9:30 - 10:30am Reiki 9:30 - 11:30pm	26 Pet Therapy 1:30 - 3:30pm	27 Reiki 10:00 - 12:00pm Gentle Chair Yoga 6:00 - 7:00pm	28 Relax & Calm and/or Qigong Exercises 1:00 - 3:00pm	29 Reiki 10:00 - 12:00pm

For more information contact:
Sarah Collins at scollin2@mah.harvard.edu • 617-499-5197

Herzstein Wellness Center: Program Descriptions

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Acupuncture/Auriculotherapy

Japanese style acupuncture using external ear points that correspond with cancer related symptoms such as pain relief, nausea and anxiety. Treatments are given in a relaxed seated position for 20-30 minutes. Acupuncturist: Diane Iuliano, L.Ac.,M.Ac.,Dipl. Ac.

Ask the Expert

“Physical activity during and after treatment: What activities can I do and when?”

Individual consultations, 15 minutes each. Each session is facilitated by Lynn Dreyfus, PT.

Pet Therapy

Come pet and play with “Sami”, a certified Pet Therapy Yorkshire Terrier in the Herzstein Wellness Center room. Sami is hypoallergenic and furless - having real hair. Pet therapy can offer a sense of calm, joy and put a smile on your face.

Qigong for Healing

Pronounced “chee-kung,” the phrase, literally translated, means “energy of life.” Learn gentle movements that help manage mental, emotional and physical stressors. These exercises can be done standing or in a chair and are appropriate for all levels.

Reiki: “life force energy”

A healing technique that channels energy through the body to activate the natural healing processes by means of touch, the Reiki practitioner which restores physical and emotional well-being. Palms are placed above specific body points (head, ears, forehead, shoulders). Sessions range 15-20 minutes each while having treatment. If interested, inquire with your treatment provider.

Relaxation and Stress Management: Developing a Sense of Calm

Mindfulness meditation teaches us how to use our innate resources and abilities to respond more effectively to stress, pain and illness. Research indicates that mindfulness practices can be deeply restorative and enhance immune function, supports greater energy and enthusiasm for life. Sessions are approximately 5 minutes each.

The following programs require RSVP and minimum participants - Contact if Interested

Living with Cancer: A Mind/Body Medicine Group at Mount Auburn Hospital

We recognize individuals living with cancer often feel a lack of control as they navigate tests, treatment, and recovery. Our eight-week Mind/Body Medicine program provides a safe and supportive group environment to learn and practice mind/body techniques. During these weekly sessions, we explore meditation, positive coping strategies, yoga, tai chi, social supports and nutrition. The program emphasizes the power of relaxation to reduce stress and to promote resilience and health. If interested in the group, please contact Meredith Hobson, LICSW at 617-499-5665, ext. 4664.

Coping with Change Discussion

Come and share in discussions about “what is important in this time of my life” concerns, connect to your purpose and develop community. Each session is facilitated by Beth Loomis, Director of Pastoral Care. Groups are being formed! If you are interested in having a small group discussion about coping with change, please contact Sarah Collins at scollin2@harvard.edu or 617-499-5197.

Caregiver Support Group

Open to spouses, partners, adult children and siblings. Caring for a loved one with a cancer diagnosis, navigating new responsibilities and coping with uncertainty can be exhausting. This is an 8-week program that meets weekly. Contact Ellen Patterson, LICSW, at 617-499-5665 ext. 3456.

Gentle Chair Yoga

Welcome to join anytime! Registration Sign up, contact Sarah Collins, 617-499-5197.

In this gentle chair yoga class emphasis is placed on breath and movement, encouraging relaxation and a sense of well being. Enjoy the calm, peace, and self acceptance of yoga, no matter what shape you are in. Each 60 minute class consists of four parts; guided breathing exercises, gentle stretches, postures, and guided relaxation techniques. Please wear loose fitting, comfortable clothing. All exercises are done seated in a chair and modifications are provided for comfort. Instructor: Bonnie Randall, RYT 500.