

St. Joseph's Hospice Supportive Care Calendar – February 2019

REGISTRATION IS REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Exploring Grief 10:00-12:00	2
3	4 Drop-In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00	5 Massage Therapy 1:30, 2:30, 3:30	6 Mindfulness for the Bereaved 1:00-3:00	7 Reflexology 2:30	8 Exploring Grief 10:00-12:00 Mani, Pedi, or Hair 1:00, 2:00, 3:00	9
10	11 Drop-In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00	12 Massage Therapy 1:30, 2:30, 3:30	13 Mindfulness for the Bereaved 1:00-3:00 Integrated Energy Therapy 2:00	14 Cooking for One 6:30-8:30	15 Exploring Grief 10:00-12:00	16 Massage Therapy 9:00, 10:00, 11:00
17	18 Drop-In Meditation 10:30-11:45	19	20 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30	21 Reflexology 2:30	22 Massage Therapy 1:00, 2:30, 4:00	23
24	25 Drop-In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00 Mani, Pedi, or Hair 1:00, 2:00, 3:00	26 Massage Therapy 1:30, 2:30, 3:30	27 Integrated Energy Therapy 2:00 Healing Touch 1:30	28 Massage Therapy 12:00, 1:30, 3:00 Reconnective Healing 1:00, 1:45, 2:30, 3:15		

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**