

# The Wellness Program Virtual Sessions



September & October 2021

The Wellness Program offers **FREE** outreach supports through Carpenter Hospice. Our goal is to provide psychological, emotional, & practical support in a compassionate and caring setting

## Wellness Restorative Yoga



For all levels—  
led by a certified instructor  
**Tuesdays 11:00AM—12:00PM**  
(Sept 7, 14, 21, 28; Oct 5, 12, 19, 26)  
**Thursdays 11:00AM—12:00PM**  
(Sept 9, 16, 23, 30)

## Yoga Nidra— 4wk Guided Meditation Series



For all levels—  
led by a certified instructor  
**Thursdays 11:00AM—12:00PM**  
(Oct 7, 14, 21, 28)

## Time for Trivia!



Do you enjoy the challenge of trivia? Then join us for a fun, thought-provoking time!  
**Wednesdays 11:00AM—12:00PM**  
(Sept 8 & Oct 6)

## Progressive Muscle Relaxation



Guided session of rest with live relaxing music **(NEW TIME)**  
**Thursdays 2:30PM—3:15PM**  
(Sept 2, Sept 23, Oct 7, Oct 21)

## Wellness Discussion Group



Guided discussions about current topics; socialize & connect  
**Wednesdays 12:30PM-1:30PM**  
(Sept 1, Sept 8, Sept 15, Sept 22, Sept 29, Oct 6, Oct 13, Oct 20, Oct 27)

## Functional Strength Exercise



For all levels & abilities — instructor led class  
**Mondays 11:00AM—12:00PM**  
(Sept 20, Oct 4, Oct 18)

## Who Can Register?

Anyone living with cancer &/or a life-altering illness, and those caring for them are welcome to attend.

## Call Today!

Wellness Program Coordinator  
Charlene Cheng, RN, CHPCN(C)  
**905-631-9994 ext. 139**

## More Virtual Sessions for September & October 2021...

### Music Therapy Sessions



**Tuesdays 2:30PM—3:30PM**  
**(NEW TIME)**

**'Song Share'** — Enjoy and share your favorite songs (Sept 14, Oct 19)

**Group Music Therapy** — Music listening & song writing (Sept 7 & 21, Oct 5 & 26)

**'Music Trivia'** — See if you can guess your favorite songs! (Sept 28)

**Last Thursday of the Month**  
**2:30PM—3:30PM (NEW TIME)**

**Experiential Music & Imagery** — Focused music listening to elicit imagery & bring about relaxation (Sept 30 & Oct 28)

### Therapeutic Touch: Distance Healing Sessions

**Therapeutic Touch (TT)** is a natural healing method for relaxation and self-help. In a healthy state, life energy flows freely in and out of a person's energy field in an orderly fashion. With disease, injury, or stress the energy flow can be obstructed. TT helps to restore the flow of energy in the field. A treatment helps with relaxation, reducing anxiety and stress, helps with pain, improves sleep and facilitates the body's natural healing process, clearing away any blockages and balancing the person's energy field.

**Distance Therapeutic Touch** allows the recipient to receive a healing session by a practitioner who, *by an intentional and compassionate mental act*, interacts with the client's energy field while not in physical contact. This can be offered through Zoom or over the phone as the practitioner communicates to the recipient to assess to see how they are doing and providing wellbeing support through a therapy session — Call for more information or to book a session!



**Wednesday Sept 1, Sept 15, Sept 29, Oct 13, & Oct 27 @ 10:00AM & 11:00AM**

### The Poetry & Book Corner

A time of sharing favorite books, poems, or readings with others. Original works are also welcome—call for more information!

**Thursday Sept 2, Monday Sept 27, & Monday Oct 25**  
**11:00AM—12:00PM**



Contact us today to reserve your space!  
Wellness Program Coordinator  
905-631-9994 ext. 139  
wellness@thecarpenterhospice.com

 Carpenter Hospice  
*Making Moments Matter*