

The Wellness Program

Virtual Sessions



January & February 2022

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

(Jan 4, 11, 18, 25; Feb 1, 8, 15, & 22)

Thursdays 11:00AM—12:00PM

(Jan 6, 13, 20, 27; Feb 3, 10, 17, & 24)

The Poetry & Book Corner



A time of sharing favorite books, poems, or readings with others. Original works are also welcome!

Thursdays 1:30PM—2:30PM

(January 13 & February 10)

Time for Trivia!



Do you enjoy the challenge of trivia? Then join us for a fun, thought-provoking time!

Wednesdays 11:00AM—12:00PM

(January 26 & February 23)

Progressive Muscle Relaxation



Guided session of rest with live relaxing music

Thursdays 2:30PM—3:15PM

(January 20 & February 24)

The Wellness Café



Explore current topics of interest to enhance health, wellness, & mindfulness

Wednesdays 12:30PM-1:30PM

(Jan 5, 12, 19, & 26; Feb 2, 9, 16, & 23)

Functional Strength Exercise



For all levels & abilities — instructor led class

Mondays 11:00AM—12:00PM

(Jan 3, 17, 31; Feb 14, 28)

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 January & February 2022...



Music Therapy Sessions

'Song Share' — Enjoy and share your favorite songs
(Jan 11, 25; Feb 8, 22)

Group Music Therapy — Music listening & song writing
(Jan 4, 18; Feb 1, 15)

Tuesdays 2:30PM—3:30PM



NEW DAY & TIME! The Poetry & Book Corner

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

Thursdays 1:30-2:30PM

(January 13 & February 10)



Therapeutic Touch: Distance Healing Sessions

Therapeutic Touch is a natural healing method for relaxation and self-help. 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!

Wednesdays, 10:00AM & 11:00AM bookings available

(January 5, 19; February 2, 16)

Contact us today to reserve your space!

Wellness Program Coordinator

905-631-9994 ext. 139

wellness@thecarpenterhospice.com

