

## **Integrative Medicine Service Schedule for June - August 2021**

### **Energy Therapy – Healing Touch**

Available to Patients on E3 or by Appointment  
Mondays 10:00am-12:00pm

### **Mindfulness Meditation**

Available to D1 Patients  
Tuesdays 3:00pm-3:30pm  
Thursdays 10:00am-10:30am

### **Therapeutic Massage**

Available to D1 Patients  
Tuesdays 3:30pm-5:00pm  
Thursdays 10:30am-12:00pm

### **Yoga and Cancer Series Presents Virtual Yoga**

To register, contact [integrativetherapies.east@hhchealth.org](mailto:integrativetherapies.east@hhchealth.org) or (860) 425-3877.

Link information to be distributed upon registration.

*All services are complimentary to patients.  
Call the Integrative Medicine office for more information or to schedule a  
session.  
(860) 425-3877*