



HOLISTIC HEALTH OPTIONS FOR CANCER CARE

Holistic options are ideal to assist cancer patients with the mental, emotional, and physical affects that cancer and cancer treatments can cause. Consider these programs and services to reduce side effects of treatment, improve your quality of life, and help support you on your healing journey.

Please contact Sharon O'Brien
at 860-231-6333 or email
sobrien@mandelljcc.org for
more info or to schedule.

www.mandelljcc.org/hho
Mandell Jewish Community Center
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MODALITIES

Acupuncture: Studies show that acupuncture reduces pain, peripheral neuropathy, fatigue, dry mouth, nausea, and vomiting. Hair thin needles help balance energy for relaxation and peace. Both community (group) and private acupuncture available.
Community – Initial visit \$45; Follow up \$35 | Private – Initial visit \$110; Follow up \$95

Nutrition Consultation: Ideal for oncology patients experiencing weight loss/gain, digestive issues, nausea, taste changes, and other side effects to help get the nutrients needed.
Initial (60-minutes) \$140; Follow up (30-minutes) \$60

Mind-Body Techniques: Relaxation techniques, meditation, and hypnosis, can help calm your mind and sharpen your ability to focus as well as reduce stress, anxiety, mood disturbances, and chronic pain.
Free weekly virtual meditation. Call for details on how we can work with you.

Massage Therapy: Oncology trained massage therapist can help reduce pain, stress, nausea, depression and anxiety, improve sleep and lessen fatigue, as well as help relieve peripheral neuropathy and lymphedema.
30-min. \$50 | 60-min. \$85 | 90-min. \$120

Energy and Sound Therapy: Both relaxing and energizing, energy & sound therapy can help relieve stress and depression, reduce anxiety, strengthen immune system, and reduce the effects of trauma and chronic pain.
30-min. \$50 | 60-min. \$85 | 90-min. \$120

WORKSHOPS

Lessen the Side Effects of Chemotherapy & Radiation Therapy workshop: Use guided relaxation, healing statements, and support from holistic nurse instructors to reduce anxiety, nausea, pain, and other cancer treatments side effects.
(Includes CD and book). Class \$50; Private (90-mins.) \$120

Prepare For Surgery, Heal Faster® workshop: Turn worries about surgery into positive healing statements, and calm preoperative jitters.
(Includes CD and book). Class \$50; Private (90-mins.) \$120

Touch, Caring and Cancer: Learn simple techniques to offer a loved one with cancer to provide comfort and relaxation in a safe and effective way.
FREE – offered Spring and Fall.

yoga4cancer: Yoga has the ability to reduce the psychological stress caused by one's diagnosis and help manage the physical symptoms and side effects of treatment. This program guides individuals from chair to standing.
8-weeks for \$120

Scholarships available through the generous support of Cut Out Cancer. Call 860-231-6333 for details.

