

# Lifelong Support for Your Whole Being

Classes & Events | *The* WELLNESS & SUPPORT CENTER *at* UM St. Joseph

## Wednesdays

**Private Acupuncture Sessions**  
**10 am - 1 pm**

Appointments are required; most insurances accepted. Sessions are \$90/hour. *Grant funding may be available to cover costs; please call for information.*

## Thursdays

**Private Massage Sessions**  
**10 am - 1 pm**

Appointments are required; sessions are \$90/hour. *Grant funding may be available to cover costs; please call for information.*

## Every Day

**Healing Touch Therapy**

A light- or no-touch treatment that restores harmony and balance.

**Nutrition Counseling**

Dietary planning to support your best health and recovery.

## Ongoing



[bit.ly/3UAoS3Q](https://bit.ly/3UAoS3Q)

**Art Therapy Series**  
**(Offered in September & March)**

A free 8-week therapeutic art series for cancer patients taught by artist and breast cancer survivor Claudia Tordini. Artistic experience is not needed; supplies are included.

**To learn more or to schedule an appointment, call 410-427-2598.**