

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.

Behavioral Health Support

Get a referral to speak with a social worker for help, understanding and access to resources.

Ongoing Programs

Art Therapy Series (Offered in September & March)



bit.ly/3UAoS3Q

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.