

Lifelong Support for Your Whole Being

Classes & Events | *The Barbara L. Posner* WELLNESS & SUPPORT CENTER

Mondays

Facials

9 am, 10 am and 11 am

Appointments are required.

A 30-minute mini facial is \$45;
a 45-minute classic facial is \$60.

Grant funding may be available to cover costs; please call for more information.

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 info.*

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 info.*

Fridays

Facials

2:30 pm and 3:30 pm

Appointments are required.

A 30-minute mini facial is \$45;
a 45-minute classic facial is \$60.

Grant funding may be available to cover costs; please call for more 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

Speak with our social worker for help, understanding and access to resources.



bit.ly/3UAoS3Q

Ongoing Programs

Art Therapy Series (Offered in Sept. & 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.