

# Lifelong Support for Your Whole Being

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

## 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

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



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