

FOR IMMEDIATE RELEASE

Contact: Elyzabeth Marcussen, 443-837-1559
emarcussen@hospicechesapeake.org

Chesapeake Life Center offers 5-part series on integrative healing

(PASADENA, MD, Dec. 11, 2019) — **Chesapeake Life Center** will offer a series of workshops that will explore the many ways integrative arts can support those who are caring for loved ones struggling with illness or grieving the loss of someone dear. All will be held on the John & Cathy Belcher Campus, 90 Ritchie Highway, Pasadena, Maryland.

The first event is a free opportunity to see demonstrations and learn about more than 10 different healing practices. The **Integrative Healing Informational Evening** will be held from 5 to 7 p.m. Jan. 22 and will feature aromatherapy, yoga, pet therapy, SoulCollage, reiki, therapeutic music, Comfort Touch, art therapy, acupuncture, energy balancing, gardening and more. There is no charge, but registration is required.

The series continues through May, with a new offering each month:

- **Acupuncture & Comfort Touch** will explore the benefits of acupuncture and the soothing qualities of Comfort Touch during an afternoon of learning about selfcare. It will be held from 1 to 3 p.m. Feb. 25 and costs \$10.
- **Gardening & Healing** will help participants discover a path to peace and wellness as they explore how nature can promote healing and provide comfort. It will be held from 6 to 8 p.m. March 31 and costs \$10.
- **Aromatherapy** will introduce participants to how essential oils can provide comfort on your healing journey. It will be held from 1 to 3 p.m. April 9 and costs \$10.
- **Mindfulness**, the final session, will teach participants how to find ways to relax, retreat and replenish body, mind and spirit. It will be held from 10 a.m. to noon on May 6.

Registration is required for all programs and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelifecenter.org.

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Chesapeake Life Center, a program service of **Hospice of the Chesapeake**, serves hospice family members and the community with bereavement services and activities designed to enhance the quality of life for those grieving the loss of a loved one.