The Smilow Cancer Hospital Complementary Service Department offers complete care for the mind, body and spirit. The goal of the program is to empower patients with the knowledge and support needed to improve and maintain quality of life.

Complementary Services offers a variety of relaxation therapy sessions and classes for free to complement our patient’s cancer treatment plan.

**THERAPEUTIC MASSAGE**
Touch is a basic human need and contributes to the general quality of life and well-being. Massage assists with reducing stress, depression, and anxiety. Skilled, structured touch has the potential to reduce isolation, relieve symptoms and help people feel cared for and empowered.

**REIKI TOUCH**
Reiki is a Japanese word meaning “universal Life energy”. The practice of Reiki is a non-intrusive method of hands on healing. It is this deep relaxation that increases energy as the body rests and becomes revitalized during the session.

**GUIDED RELAXATION**
Guided relaxation is the process of being guided through calming your breath with the help of mental images, such as relaxing scenes, the healing process, or positive changes. This allows our patients to feel serene, calm and refreshed. We also provide guided relaxation CD to help patients relax during they stay at the hospital.

**BED SIDE YOGA**
Sometimes called integrative yoga therapy, this individualized, gentle style of yoga allows anyone to participate by modifying postures.
**GENTLE YOGA CLASS**
Gentle Yoga is a class structured around rejuvenating and healing the body, mind and soul. Gentle yoga also combines a deeply nourishing environment of stillness with postures to encourage a natural process of healing. Restores balance in a gentle and meditative way. Please bring your Yoga mat and water.

**ESSENTIAL OIL THERAPY**
Plant based essential oils are used to enhance a person’s sense of well-being

**MEDITATION GROUP**
Meditation has been practiced for centuries in various cultures and traditions around the world. At the present time it has become a way to relax, focus, ground oneself, and reduce stress.

Please call for appointment **203-200-6129**.
Look up all our upcoming events at [www.ynhh.org](http://www.ynhh.org) (click on community: then classes and events.)