

Massage*

Daily appointments
\$60 for hour or \$1 per minute
Center for Women's Health
Call Anne Buchalski (860) 377-1472

Reflexology

Thursday 9:30am-12:30pm
Infusion Center

Therapeutic Pet Program

Monthly visits on Patient Units & Infusion Center

Yoga *

Tuesdays 5:00pm-6:00pm
Integrative Health Breath and Therapeutic Gentle Virtual Yoga Practice – All are Welcome!
\$72 six week series
\$15 per class drop-in
\$60 six week series for Windham Hospital employees
Call Jennifer Dhyana-Nucci (860) 617-4476 or please reach her at seaofsadhana@gmail.com

Yoga and Cancer Series Presents Virtual Yoga

Free for cancer patients
To register, contact integrativetherapies.east@hhchealth.org or (860) 425-3877.
Link information to be distributed upon registration.

**Services may have fees applied with the exception for cancer patients which maybe complimentary. Call the Integrative Medicine office for more information or to make an appointment unless otherwise indicated. (860) 425-3877*