

Acupressure for Self-Care

with

Michael Reed-Gach, PhD

Well-known Acupressure Expert and Author



Two Seminars with

Michael Reed Gach, Ph.D., founder of the Acupressure Institute in Berkeley, is one of the foremost experts on acupressure and has taught over 200,000 people in the past 30 years. His seven books and instructional DVDs have sold over a half million copies, bringing healing to thousands. Gach is the author of the best selling book entitled *Acupressure's Potent Points*, as well as *Acu-Yoga*, *Arthritis Relief at your Fingertips*, and *Acupressure for Emotional Healing*. Books and tapes will be available at seminars.

Self-Care for Healthcare Providers

Wednesday, Oct 1, 2008

8:30 am to 5:15 pm

This one day course is designed for nurses, massage therapists, social workers and health care providers to assist with the stress and pain often associated with providing services. Course fee includes the textbook, *Acupressure's Potent Points*, refreshments and lunch.

Seating Limited to 40 participants

Tuition: \$95 (textbook, lunch, refreshments, credit hours)

Self-Care for Everyone

Thursday, Oct 2, 2008

9 am to 4:30 pm

This course is designed for anyone interested in methods to help them stay healthy as well as aid in coping with pain and stress.

Fee: \$45 (includes *Acupressure's Potent Points*, refreshments and lunch)

Location: Lewes Public Library, 2nd floor, Railroad and Adams St.

To Register

Make checks payable to: **Beebe Medical Center**
Send by **Sept 19th** to :

INTEGRATIVE HEALTH
Beebe Medical Center
424 Savannah Road
Lewes, DE 19958
302 645-3528

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IH Programs

- Stress-Less Surgery
- Smoking Cessation
- Inpatient Care
- Cancer Care
- Healthy Heart Care
- Herbal Website
- Fibromyalgia Support Group
- Wellness Classes
- Professional Education

IH Services

- Acupuncture
- Massage
- Reiki / Therapeutic Touch
- Acupressure
- Biofeedback
- Aromatherapy
- Guided Imagery
- Meditation
- Music / Art
- Tai Chi / Qi Gong

Integrative Health and The Wellness Community - Delaware Offer Classes at No Cost

Integrative Health is collaborating with The Wellness Community - Delaware to offer the following programs for stress and pain management to cancer patients, family and friends.

All programs are free of charge and are held at The Wellness Community, 18947 John J Williams Highway, Suite 312, Rehoboth Beach. **Participants can register by calling 645-9150.**

September 16, Tuesday -3 pm to 4 pm

Healing Through Listening - Attending to the Spirit - Rev. Keith Goheen, Chaplain, BMC

Attentive, non-judgmental listening helps us to open our spiritual hearts to those around us. This program offers an introduction to the skills we use in creating openhearted spaces for spiritual and emotional healing.

September 23, Tuesday -3 pm to 4 pm

Laughter Yoga - Phyllis Kelly, Trained Laughter Leader

Laughter is fun, contagious and creates a natural state of euphoria. Developed by Dr. Kataria in India, this series of simple laughter exercises and gentle yoga breathing has grown into an international health phenomenon.

October 7, Tuesday -3 pm to 4 pm

Self-hypnosis for Relaxation - Cheyenne Luzader, MS, Certified hypnotherapist

Cheyenne will teach the basics of self relaxation.

October 14, Tuesday - 3 pm to 4 pm

Mindfulness Meditation - Cheyenne Luzader, MS, MBSR instructor

An introduction to Mindfulness Based Stress Reduction methods based on the work of Jon Kabot-Zinn, PhD. This method is helpful for stress and pain reduction.

November 11, Tuesday - 3 pm to 4 pm

Reiki Self-healing Meditation - Cheyenne Luzader, MS, Reiki Master/Teacher, Usui lineage

Learn a Japanese based daily self-meditation technique to help with pain and stress. This is designed for people who have little or no knowledge of Reiki.

Tai Chi - First Session Free

Tai Chi is a gentle exercise practice from China that benefits mind, body and spirit while it helps to relieve stress. Tai Chi is not just beneficial for healthy people. It is helpful for people who are recovering from orthopedic surgery, heart attacks, heart surgery and other illnesses. It is also good for people receiving cancer treatment.

Because most people know little about Tai Chi, Integrative Health offers the first session free. This allows people to try it out. Then they can purchase a book of tickets for \$5 a session and attend class when they can. Wear comfortable shoes and clothing and try it.

Sessions are held every Wednesday (except before holidays) **from 5 to 6:30 pm in the Heart Center on the first floor of BMC. Enter the first floor from the parking garage. The Center is at the end of the hall on the right. No registration is needed.**



Balance

Laughter Yoga

Laughter Yoga is the brain child of Dr. Madan Kataria, a physician from Mumbai, India. It is a physically-oriented technique that uses a perfect blend of playful, empowering and otherwise "tension-releasing" simple laughter exercises, interspersed with gentle breathing and stretching exercises, rhythmic clapping and chanting in unison. This is done in a way that improves health, increases well-being and promotes peace in the world through personal transformation. The therapeutic value of laughter has been thoroughly and scientifically researched in the past 40 years and its physical benefits have been proven beyond a shadow of a doubt. Our classes are taught by Phyllis Kelly, trained Laughter Leader



Phyllis Kelly

Student Intern

Samantha Feld served a summer internship with Integrative Health to complete requirements for her Master's degree from Georgetown University in Washington, DC. Samantha will start medical school at Thomas Jefferson in August and hopes to incorporate integrative medicine into her career. Good Luck, Samantha!



Fibromyalgia Support Group

Integrative Health sponsors a support group with a positive approach to help with lifestyle, exercise, cooking and networking.

The support group meets at Lewes Senior Center in Nassau on the 1st Friday of each month from 1 to 2:30 pm. Contact Sherry McGoldrick for more information at (302) 644-8181.

There is no charge.



Lifestyle Change

Luzader Receives Community Service Award and Certifications

Integrative Health Coordinator, Cheyenne Luzader, MS was recognized by the Families, Individuals and Community Conference in May for her many years of service to the community as an innovative healthcare provider and educator. Luzader continues to upgrade her skills this year with re-certification as an Herb Information Specialist with the American Botanical Council, re-certification as a Death Education Counselor, and additional training as an Acupressure Specialist and as an End-of-Life Facilitator. She was awarded a diplomate in Energy Psychology from the Association of Comprehensive Energy Psychology.

Cheyenne also produced a CD course on Herb Information for the University of Delaware School of Nursing which will be distributed to nursing schools throughout Delaware.



Award Presentation

**Integrative Health
Beebe Medical Center
424 Savannah Road
Lewes, DE 19958**

Phone: 302-645-3528
www.beebemed.org

Visit the
Herbal Website

www.beebemed.org

Go to: [Integrative Health](#)

Go to: www.naturaldatabase.com

Select herb or supplement
Print and share with your physician



Integrative Health (IH) at Beebe Medical Center provides *Complementary and Alternative* services and information for

PREVENTION, SELF-CARE, EDUCATION and RESOURCES.

Established in 1997, IH provides services to inpatients, outpatients, students of Beebe School of Nursing, physicians, healthcare organizations and the community.

IH offers self-help classes on healthy lifestyles, cooking, and alternative health practices which are listed in the IH newsletter.

Other programs offered by the department include the Stress-Less Surgery program, Smoking Cessation, Cancer Care, and Heart Health. Services include Acupuncture, Massage Therapy, Guided Imagery, Biofeedback, Aromatherapy, Reiki, Therapeutic Touch, Music, Art, Tai Chi / Qi Gong, Meditation, Fibromyalgia Support and the Herbal website.

IH participates in local health fairs and conferences and sponsors an annual Integrative Medicine conference.

For additional information call:

Cheyenne Luzader, MS, Program Coordinator at **302-645-3528**.

Save the Date!

Friday, May 1, 2009 for the

**Families, Individuals and
Community Conference**

Get Faster Service with the E-mail Newsletter

Thanks for Helping IH save postage!

You can now receive your newsletter by e-mail but we need your e-mail address.

We can save time, labor, postage and trees by updating our delivery system.

For people who don't use the computer, we will still mail the newsletters.

If you would like to get the E-mail newsletter:

Please email your home address, e-mail address, name and phone number to pkelly@bbmc.org.

Your email address will only be used by the Integrative Health department at BBMC for this purpose and will not be sold or distributed.

Change of Address??

Cancel Newsletter?

E-mail pkelly@bbmc.org or call 302-645-3528 with

- name
- address
- phone number



E - mail Newsletter