

# Integrative Health Cooperative Programs

Integrative Health at Beebe Medical Center is collaborating with the following organizations to offer programs at no cost. All programs are from 3-4 pm unless noted. To register, call the organizations hosting the programs.

## The Wellness Community

*(for cancer patients, survivors, family and friends)* Located at BMC's Rt. 24 Campus 18947 John J Williams Highway, Suite 312, Rehoboth Beach **Call to register: 302 645-9150**

**January 20, Tues Meditation and Hand Drumming** - Cheyenne Luzader, MS

Learn the ancient art of drumming to relieve stress and increase energy. Drums available or bring your own. Cheyenne is a certified meditation teacher who incorporates drumming learned from tribal elders.

**January 28, Wed Laughter Yoga** - Phyllis Kelly, Trained Laughter Leader

Laughter is fun, contagious and creates a natural state of euphoria. This series of simple laughter exercises and gentle yoga breathing has grown into an international health phenomenon.

**February 10, Tues Acupressure Self-Care for Stress & Pain** - Cheyenne Luzader, MS

Acupressure uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing process. Cheyenne is an Acupressure practitioner trained by the Acupressure Institute.

**February 17, Tues Healing Through Listening – Attending to the Spirit** - Rev. Keith Goheen

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

**March 10, Tues 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.

**March 24, Tues Reiki Self-healing Meditation** - Cheyenne Luzader, MS, Reiki Master/Teacher

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.

## Epworth United Methodist Church

19285 Holland Glade Road, Rehoboth *(off Rt. 1)* **Call to register 302 227-7743 x107**

**February 24, Tues Seven Steps to Stress Mastery** - Cheyenne Luzader, MS

Learn seven inexpensive steps you can take to manage the stress in your life. You will gain an understanding of stress, become more aware of your stress signals and learn ways to create calm.

**March 3, Tues Laughter Yoga** - Phyllis Kelly, Trained Laughter Leader (see Jan 28)

**March 6, Fri 1- 4 pm Lessons from the Near-Death Experience Conference** (see front page)

**May 5, Tues Meditation and Hand Drumming** - Cheyenne Luzader, MS (see Jan 20)

## Cadbury of Lewes

17028 Cadbury Circle, Lewes *(across Kings Highway from Cape Henlopen HS)* **Call to register 302 344-6969**

**April 28, Tues Acupressure Self-Care for Arthritis** - Cheyenne Luzader, MS (see Feb 10)

**May 19, Tues Laughter Yoga** - Phyllis Kelly, Trained Laughter Leader (see Jan 28)