



HAPPY NEW YEAR!!!

2016 Caring for Caregivers Program

Mindfulness Meditation Series 1: Coloring & Aromatherapy

Now that the hustle and bustle of the holidays are over...

It's time for a Caregiver "Pick me up session!"

Remember to take time out for your own self-care!

Join us for our **first** Healing Heart Hospitality House support group of the year!

Let's come together for a unique evening of mindfulness meditation with coloring therapy and healing power of aromatherapy.

What you'll benefit from:

- Color therapy with bookmarks (instant creative artwork!)
- Aromatherapy recipe cards
- Refreshments will be provided

Program Location and Details

Dodge Park Rest Home
101 Randolph Street, Worcester MA
To register, please call **774.287.5028**

Thursday, December 21, 2016

6:00-6:10PM Check-In
6:15PM Program Start
7:30PM Program Finish
7:45PM Wrap-up
8:00PM End

PLAN AHEAD!

2016 UPCOMING CALENDAR

February: Series 2, Visioneering Boards
March: Series 3, Aroma Gel Kits
April: Series 4, Hypnotherapy
May: Series 5, Journaling
June: Series 6, Emotional Freedom Techniques

Please be sure to check your inbox for program details!

MEET YOUR PROGRAM FACILITATOR:

Olivia Vo was first introduced to Healing Heart Hospitality House by a close colleague in summer 2015. As she researched the non-profit, she quickly identified with many aspects of its mission especially providing caregiving support. Olivia is attracted to this opportunity to facilitate the caregiver's support group since she has personal experience caregiving for her younger brother with special needs and heart complications. Her brother passed away in 2011 and she feels that leading such mindfulness meditation activities will help caregivers find inner peace, honor her brother's memory, as well as be of service to others.