

Two Day Course The HEARTS Process

Creating calm, peace and relaxation in supportive, long-term and palliative care settings

Monday
24th September &
1st October 2018
10.00-4.30pm

£100 per person

Refreshments and lunch provided

Full payment is required seven days in advance of the course to guarantee your place. We apologise that non-attendance or cancellations may be charged in full

**Book Your Place
Now!**

Email

Education@stmaryshospice.org.uk

Or

call Karen Kilduff on

01229 580 305

N.B. You don't have to be an aromatherapist or a complementary therapist to benefit from this course – it is suitable for all health and social care staff working in hospitals, community, hospices, nursing and residential homes.

Venue

St Mary's Hospice
Education Suite
Ford Park Crescent
Ulverston
LA12 7JP

This two day course will develop your skills to help those you care for, and includes Hands-on contact, Empathy, Aromas, Relaxation, Textures and Sound. Feedback suggests that these techniques are useful for

- Reducing tension and stress
- Enhancing relaxation and sleep
- Promoting feelings of wellbeing

Originally designed for situations when massage or aromatherapy were inappropriate, HEARTS can be given through clothes & bed covers so there is no need for patients to remove clothing.

