

# 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](mailto: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.

