

Events & Services

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About the Graf Center

The Graf Center for Integrative Medicine is reimagining what wellness looks like through a holistic approach, focusing on the mind and body as one. Our center's team of licensed and/or certified practitioners offers evidence-based services to promote prevention, recovery, and support in a safe, comfortable environment. Our services can help minimize nausea, reduce pain, lower blood pressure, and relieve stress and anxiety. We work closely with your Englewood Health or personal physicians, and our wellness services are also open to family members and the public.

Services

Acupuncture	Meditation	Stress management
Aromatherapy	Nutritional counseling	Wellness coaching
Functional medicine	Reflexology	Wellness workshops
Massage therapy	Reiki	Yoga

We also have a health and wellness boutique and offer gift certificates for services.

ADDRESS

Graf Center for Integrative Medicine
Englewood Health
350 Engle Street, Englewood, NJ 07631

We are located on the 5th floor of
The Russell and Angelica Berrie Center
for Humanistic Care.

P FREE VALET PARKING.

CONTACT US

201-608-2377
(Main phone)
201-731-3178
(Office of Dr. Tracy Scheller)
grafcenter@ehmchealth.org
englewoodhealth.org/graf

HOURS

MONDAY: 10:00 AM – 6:00 PM
TUESDAY: 11:00 AM – 8:00 PM
WEDNESDAY: 10:00 AM – 6:00 PM
THURSDAY: 11:00 AM – 7:00 PM
FRIDAY: 8:00 AM – 6:00 PM

WEEKENDS: Closed

Like us on Facebook for health tips and news.

 TheGrafCenter

Service Price List

Buy 10 sessions and get the 11th free or a 10% discount.**

Therapeutic Massage/Manual Lymphatic Drainage/Reiki/Reflexology

30/60/90 Minute Treatment*	\$45/\$80/\$120
Employee Express 15 min Chair Massage	\$15
Manual Lymphatic Drainage (30/60 Minutes)*	\$50/\$85
Manual Lymphatic Drainage - 5 session package**	\$375
Pre/Postnatal Massage (60 Minutes)*	\$80
Aromatherapy add on (Peppermint, Lavender, Orange)	\$3

Acupuncture

60 Minute Initial Evaluation with Treatment	\$90
45 Minute Follow Up Session	\$75
Package**: 5 sessions / 10 sessions	\$338/\$675
Auricular Acupuncture 30 min Session	\$40
Existing Client Package**: 10 sessions (30 Minutes)	\$350

Holistic Nutrition

60 Minute Initial Evaluation	\$80
60 Minute Follow Up Session (Individual or package** of 10)	\$80/\$700
30 Minute Follow Up Session	\$45
60 Minute Family Session	\$135

Inpatient Services – 30 minute treatments (physician approval required)

Inpatient Acupuncture	\$50
Inpatient Auricular Acupuncture	\$40
Inpatient Massage, including Pre/Post-Natal Massage	\$45
Inpatient Reiki or Reflexology	\$45
Inpatient Manual Lymphatic Drainage	\$50

Private Yoga or Meditation Lessons

30/60 Minutes	\$50/\$75
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Wellness Coaching

Initial 90-minute session	\$100
30 Minute Follow Up Sessions (Individual or package** of 6)	\$55/\$300
60 Minute Follow Up Sessions (Individual or package** of 6)	\$80/\$420

***IMPORTANT NOTE ABOUT MESSAGES:** 30-minute massages include 5 minutes for dressing and consultation; 60/90-minute massages include 10 minutes. If additional time is needed, please discuss when booking. **No refunds on packages. NJ sales tax (6.625%) is added to massage and Reiki unless you have a prescription from your doctor. All fees subject to change. FSA/HVA can be used to pay for sessions. No refunds for appointments canceled within 24 hours, unless you have a doctor's note.

Summer 2019 Weekly Classes

MONDAYS

Yoga for Women with Breast Cancer

10:00 AM – 11:00 AM

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Gentle Chair Yoga for Cardiovascular and Pulmonary Rehabilitation P 22

11:30 AM – 12:30 PM

Meditation for Stress, Anxiety, and Depression

5:30 PM – 6:30 PM

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TUESDAYS

Prenatal Yoga

6:30 PM - 7:30 PM

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WEDNESDAYS

Meditation and Gentle Yoga for Stress and Pain Management

11:15 AM – 12:15 PM

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Gentle Yoga

5:30 PM – 6:30 PM

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Art Program Reduces Stress, Promotes Health

“One of the core services at the Graf Center for Integrative Medicine is stress management,” says Dr. Tracy Scheller, the medical director of integrative medicine at Englewood Health. “We offer meditation, aromatherapy, massage, and other services for anyone looking to reduce their stress and cope with life’s challenges. We’re excited to add a new service to our menu—art therapy programs.”

Studies show that the act of creating art—whether a simple color-by-numbers painting or a complex collage—can reduce stress and provide a welcome diversion from difficult situations. Making art can also be a vehicle for self-expression, improving a patient’s outlook, and may even help slow cognitive decline.

A Successful Collaboration

In 2014, Englewood Health and The Art School at Old Church (TASOC) in Demarest began The Art of Healing program, a collaboration that involves displaying artwork throughout the hospital to promote relaxation and health. The ongoing effort benefits everyone at the facility while providing a venue for local artists to display their work.

In 2017, the program was expanded to include art therapy workshops and one-on-one sessions with art facilitators at the infusion center. And this summer, the Graf Center for Integrative Medicine is offering a new program called Mind, Body & Art.



Reducing Stress

Hospitals like Englewood Health have made great strides in creating environments that are more comfortable and less threatening for patients and their family members. When visitors enter the Graf Center for Integrative Medicine, for example, they are often struck by its spa-like feel, with organic and sustainable décor and furnishings. And improvements at the infusion center include private treatment bays, soothing colors, and comfortable, home-like furniture, all of which help to reduce stress. Even with these improvements, though, some patients and visitors still find it difficult to be in a medical facility. To make them more comfortable, Jill Cliffer Baratta, an art facilitator from TASOC, offers art projects as “an un-hospital activity.” Jill helps patients, caregivers, and hospital staff create their own works of art, providing materials and offering

guidance and support. She says giving patients something that is fun to do and unrelated to their illness can go a long way toward putting them at ease.



Hospital staff are also welcome to participate, and often do. Recently, infusion nurses worked with Jill to create three mosaics fashioned from discarded plastic multicolored caps found on medications and infusion product packaging.

The finished work consists of three panels of colorful, uplifting scenes that will be framed and displayed for patients and visitors to enjoy. Participating in the project gave these hardworking healthcare professionals a welcome diversion, some stress reduction—and yet another way to help their patients.



‘But I Have No Talent’

Some patients resist the invitation to create because they say they lack artistic skills. But talent is optional, and the goal isn’t perfection. The act of creating itself provides healthful benefits, regardless of skill level.

To help clients get started, Jill shares her scrapbook filled with



photos of others' completed artwork. This encourages novices to participate and stimulates their creativity. Once patients or family members have chosen the type of project they want to undertake, Jill provides the materials and works alongside them to complete the project.

The art facilitators provide a variety of media, including glass beads for creating jewelry, paints, construction paper and stickers, colored pencils for drawing, and much more. Jewelry making is a favorite activity at the infusion center. For those who are unsure about their artistic talents, "beading is very non-threatening," says Jill. She says people of all ages are drawn to the beads' vibrant colors, the ease of making the jewelry, and the satisfaction of creating something they or someone they love can wear.

Additional Benefits

Art therapy can also be an opportunity for patients to talk to someone other than a medical professional or family member. Introducing someone with an entirely new role can open up a conversation that isn't about illness, treatment, or caregiving. It "takes them out of the hospital" and away from focusing on why they're there, says Jill. She often develops relationships with

patients and caregivers, creating bonds that provide additional support.

Making art can be a family affair. Jill recalls finding a family of four using the program's art supplies to make



"What I'm offering is something that ends up being fun. At the very least, creating art engages participants, reducing worries and stress."

— JILL CLIFFER BARATA, ART FACILITATOR

ART THERAPY



Valentine's Day cards for one another. The father was being treated, and his wife and two teenage boys had joined him to provide support. Making cards for each other helped reduce their feelings of anxiety—and presented a unique opportunity to express their love for each other.

Summer 2019 Programs

The Graf Center for Integrative Medicine invites patients and families to two art therapy programs being held this summer.

Art programs are held in The Wilson Kaplen Infusion Center at Englewood

Health every Wednesday from 10 a.m. to 1 p.m. and every Thursday from 11 a.m. to 2 p.m. These sessions are led by a TASOC art facilitator.

The second program, Mind, Body, & Art, will have sessions on Sundays, July 28, August 25, and September 22. Participants in these sessions—facilitated by an Englewood Health nurse—will create mandala drawings, watercolors, and sketching.

See complete details below.

CLASSES AND EVENTS

Mind, Body & Art Series

Sunday, July 28

Sunday, August 25

Sunday, September 22

2:00 PM – 4:00 PM

Connect with your inner self to express creativity while healing through art. Art projects are developed to relax and rejuvenate the mind and body. The art facilitator will guide you through projects with a creative flair. No experience needed; beginners and all ages welcome.

July 28: Mindful Mandalas with Mixed Media

August 25: Worryless Watercolors

September 22: Stress-Free Sketching

INSTRUCTOR: Claudia Portnoy, RN

FEE: \$10 per class or \$25 for 3-session series if purchased by July 22. Supplies are included. Prepayment and preregistration required 5 days prior to class date.

LOCATION: Taub Family Education Center, Room 5504, Englewood Health.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)

Art Therapy Workshops

FREE

Wednesdays, 10:00 AM – 1:00 PM

Thursdays, 11:00 AM – 2:00 PM



Come join Englewood Health and The Art School at Old Church to relax and rejuvenate. Participants will work with a variety of themes and projects, and all art creations will be tailored to your own personal interpretation to allow for individual creativity and thoughts. No experience needed. Each month will have a different theme:

July: Bringing Sunshine. How is sunshine shared between you and others? Is it an outdoor activity, or how light enters a room? Working with pencil, watercolor, and collage, participants will create a visual representation of sunshine and what it means to them using a variety of shapes, images, and colors.

August: The Ocean. How does water resonate with our emotions — be it joy, pain, stress, love, anger? Using paint or collage, participants will begin by creating a literal or figurative representation of the ocean, and then add waves of emotion from their own lives.

September: Opening and Closing Doors. Can we open a door to healing, faith, and love? Can we close a door to illness, strain, or despair? Participants will discuss the literal and metaphorical meanings and uses of doors, and then use colored pencils, markers, or pastels to create an image that represents their personal viewpoint.

October: Masks. This month we are all thinking about who we are who we would like to be, and what to scare away. Participants will create a mask that can reveal a secret persona, share innermost feelings, or hide personal demons. The possibilities are endless.

INSTRUCTOR: Art facilitators from The Art School at Old Church

FEE: Free, walk-ins welcome to attend. Open to patients and family members of patients.

LOCATION: Wilson Kaplen Infusion Center, Englewood Health.

SERVICES BY APPOINTMENT

Integrative Medicine Consultation with Dr. Tracy Scheller

Tracy Scheller, MD, MBA, MS, FACOG, offers a comprehensive understanding of various healing approaches for a variety of diseases and conditions, as well as preventive health and overall improved lifestyle. During the consultation, a comprehensive health history is provided regarding nutrition, sleep patterns, stress levels, eating habits and digestion, social support, medications, and lifestyle. Dr. Scheller will review your personal medical history to develop a collaborative holistic treatment plan that is tailored to your individual needs. You will be a partner in your healing process and will review different recommendations, which may include the use of dietary supplements, nutritional consultations, acupuncture, massage therapy, Reiki, meditation and yoga.



APPOINTMENTS: 201-731-3178

NOTE ABOUT INSURANCE: Health insurance accepted for an integrative medicine consultation as an in-network provider.

Wellness Coaching

Those interested in partnering with a wellness coach can now find one at the Graf Center for Integrative Medicine.

Wellness Coaching at the Graf Center is tailored to your unique goals and needs. When and how long you meet with your coach is determined by your scheduling needs and what you hope to accomplish.

FEE: \$100 for initial 90-minute session. Follow-up sessions are \$55 for 30 minutes (6 for \$300) or \$80 for 60 minutes (6 for \$420).

To help clients achieve their goals, it is recommended that they use all six sessions within 60 days.

INSTRUCTOR: Nina Spiegel, Wellness Coach and Holistic Nutritionist



CLASSES AND EVENTS



Wellness and Longevity: Heart Health Program

If you have heart disease or risk factors for heart disease, the Wellness and Longevity: Heart Health Program can help you lead a well-rounded, healthy lifestyle.

2019 SUMMER PROGRAM

Mondays and Thursdays:
July 18, 22, 25, 29. August 1, 5, 8, 12,
15, 22

ALL SESSIONS 6:00 PM – 7:00 PM

Key Features

- Physician-developed program
- Twice-weekly supervised private-group workouts
- Wellness and nutrition coaching
- Meditation and stress-management strategies
- Access to Kaplen JCC on the Palisades

Eligibility

The program is open to patients with their doctor's approval who meet one of the following criteria:

- Patients with a diagnosis of heart disease or who are at risk of heart disease, such as those with diabetes, high blood pressure, or a family history of heart disease or who are overweight.
- Patients who have completed a formal cardiac rehabilitation program.

FEE: \$100

REGISTRATION AND MORE INFO: Visit englewoodhealth.org/hhp

LOCATION: Kaplen JCC on the Palisades,
411 E. Clinton Ave., Tenafly



KAPLEN JCC on the Palisades

REGISTRATION: To register for our classes and special events, or to book an appointment, call us at 201-608-2377, email grafcenter@ehmchealth.org, or visit englewoodhealth.org/graf.

CLASSES AND EVENTS

Cancer Confidence: Complimentary Hair Care

FREE

Monday, July 1
 Monday, August 5
 Monday, September 9
 Monday, October 7

**Appointments available 10:00 AM – 2:00 PM**

Englewood Health and The B Hive Salon are helping cancer patients look their best and feel confident during treatment. This program provides one complimentary service, such as a cut and style, for patients currently going through cancer treatment at Englewood Health. On select Mondays, the salon will be closed to the general public for privacy. The Graf Center for Integrative Medicine will provide integrative medicine services at the salon. The B Hive Salon focuses on non-toxic, holistic hair care, so cancer patients can feel comfortable in a safe, secure environment.

FEE AND REGISTRATION: Free, but space is limited. Appointments required. Make an appointment by calling the salon at 201-470-4483. A certificate and clearance form (available from your cancer patient navigator) must be presented to the salon at time of your appointment.

LOCATION: B Hive Salon, 269 Broadway, Hillsdale

Project Real Life Choices: A Program for Young Adults with Special Needs

Various dates, fall 2019



KAPLEN JCC on the Palisades

This program provides young adults with intellectual and/or developmental disorders—including autism spectrum disorder—along with their parents and caregivers, accurate and evidence-based information on health, nutrition, cooking, life skills and mindfulness. Project Real Life Choices is a series designed to help young adults gain tools and knowledge to live a healthy lifestyle, improve nutritional choices, embrace physical well-being and develop greater potential for independence in their daily lives. Sessions emphasize healthy eating, and include lessons on cooking, shopping, exercise, stress management, and mindfulness.

REGISTRATION AND MORE INFO: Contact Shelley Levy, Director, Guttenberg Center for Special Services, 201-408-1489 or slevy@jcctp.org.

LOCATION: Kaplen JCC on the Palisades, 411 E. Clinton Ave., Tenafly

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)

Cancer Fashionista Workshop

Friday, June 14

12:00 PM - 1:00 PM

This workshop will address self-care, lifestyle, and beauty issues for women with cancer and their support system. Learn about pillowcases for hair loss, post-surgery seatbelt pads, and temporary nipple tattoos. These workshops offer an open, safe environment for discussion, education, and peer support, covering topics not usually discussed during a doctor's visit. The first five guests to register and attend will receive an exclusive VIP Cancer Fashionista swag bag.

INSTRUCTOR: Melissa Berry, Founder of Cancer Fashionista, breast cancer survivor, lifestyle expert and NYC publicist in the fashion and beauty field

FEE: Free; walks-in welcome; preregistration preferred



Clean Beauty Products

Tuesday, July 16

6:30 PM – 8:00 PM

Many people are mindful about the food they put in their bodies or their exercise routine. But what about beauty products we put on our skin? Cosmetic companies occasionally use toxic chemicals in products linked to cancer, endocrine disruption, reproduction issues, and organ toxicity. Learn the “black list” of ingredients and make swaps for a healthier lifestyle.

INSTRUCTOR: Crunchi Skincare Expert

FEE: \$5, prepayment and preregistration preferred.

Mind, Body, and Books

Friday, June 28 Friday, July 26 Friday, August 23 Friday, September 27

1:00 PM – 2:30 PM

This monthly book club is open to those interested in having deep, meaningful conversations with like-minded people. Gain a better understanding of yourself, your community, your spirituality, and your wellness. Each month is a different book selection; contact us to inquire.

FEE: \$5; prepayment and preregistration required. Book must be purchased separately.



Acupuncture Workshops and Services

Acupuncture involves the use of very fine needles placed at strategic points on your body. The Graf Center for Integrative Medicine offers private acupuncture sessions for a number of health issues and concerns, including chemotherapy-related or surgery-related nausea and vomiting; headaches and migraines; pain; menopause symptoms; anxiety, fatigue, depression, and sleep disturbances; reducing nicotine cravings; immune system support and seasonal allergies; and control of appetite and cravings to support weight loss goals.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS

Acupuncture for Neck or Back Pain**Thursday, September 12****6:00 PM – 7:30 PM**

Neck and back pain negatively affects us at work, at home, when trying to keep fit, and in our overall happiness. If you want to avoid the pharmaceutical route, an alternative natural approach is acupuncture, which can sometimes target the root of the problem.

INSTRUCTOR: Carleen Implicito, ATC, LAc, Dipl. Ac. (NCCAOM), Acupuncturist

FEE: \$10, preregistration and prepayment required

SERVICES BY APPOINTMENT

Acupuncture to Support Weight Loss

The Graf Center for Integrative Medicine has tools to help support your weight loss goals. Acupuncture can help with appetite and cravings and, in combination with nutritional counseling with our registered dietitians and holistic nutritionists, can help you develop a holistic weight loss plan.

FEE: \$40 for 1 session per week (30 minutes); \$70 for 2 sessions per week (30 minutes). See Service Price List for package rates.

Acupuncture to Quit Smoking

Acupuncture can help reduce nicotine cravings by stimulating receptors. To help support your goals to quit smoking, our certified acupuncturist will offer auricular (ear) acupuncture in a private room. Your custom-designed program can also include guided meditation.

FEE: \$40 for 1 session per week (30 minutes); \$70 for 2 sessions per week (30 minutes). See Service Price List for package rates.

Seasonal Acupuncture**Wednesday, September 18 – Friday, September 20****Appointments available 11:00 AM – 6:00 PM**

During the change of seasons, many people develop colds or allergies. The body needs energy to shift from season to season with the changes in the environment. If the immune system is already weak, it is easier for a virus to create havoc on your body and you become sick. Seasonal acupuncture targets strategic energy points to boost your immune system and help with the transition from season to season.

FEE: \$65 for a 45-minute session; appointment required

REGISTRATION: To register for our classes and special events, or to book an appointment, call us at 201-608-2377, email grafcenter@ehmchealth.org, or visit englewoodhealth.org/graf.



Massage Therapy and Reiki

Massage therapy can be used with traditional medical treatment for many conditions. We offer Swedish, therapeutic, deep tissue, and neuromuscular massages, as well as Reiki and reflexology. If you are undergoing cancer treatment or have lymphedema, we have special massage techniques to help you with your symptoms. We also offer massages to new and expecting mothers in the safety of their own hospital room.

Massage therapy can:

- Decrease anxiety and stress.
- Reduce muscle and nerve pain, including pain after surgery, and facilitate recovery.
- Help relieve headaches and insomnia.
- Reduce edema, pain, and heaviness associated with lymphedema.
- Improve circulation.

SERVICES BY APPOINTMENT

Manual Lymphatic Drainage Massage

If you have lymphedema, you may benefit from manual lymphatic drainage massage. This type of massage therapy drains tissue to reduce swelling, bruising, and discomfort after surgery and supports recovery. It can also be used before surgery to prepare tissue for surgery, stimulate the immune system, and reduce anxiety. The certified therapist uses a precise technique that is specific to your surgery and your needs.

FEE: 30-minute session: \$50; 60-minute session: \$85 each or \$375 for five. (Note: 30-minute massages include 5 minutes for dressing and consultation; 60-minute massages include 10 minutes. If additional time is needed, please discuss when booking.)

Reiki and Reflexology

Reiki is a complementary therapy to reduce stress, anxiety, pain, and fatigue through a gentle laying of the hands. A Reiki practitioner uses a gentle touch on various parts of the body to generate heat energy. The therapy is very relaxing and restorative. It can also be used for injuries and prior to surgery. Reflexology is a practice in which different amounts of pressure are applied to specific points on the feet or hands.

FEE: 30-minute session: \$45. See Service Price List for more options.





Holistic Nutritional Counseling and Healthy Eating Workshops

Our registered dietitian and holistic nutritionists are available to help you develop a healthy diet to support you during treatment for cancer or other conditions. Holistic nutritional counseling is also available for anyone looking for ways to shop, cook, and eat more healthfully. Holistic nutritional counseling identifies your lifestyle preferences, eating/food habits, and activity and stress levels. In addition to counseling, we regularly host “clean eating” demonstrations, nutrition workshops, and healthy shopping tours of local food markets in Bergen and Hudson Counties.

CLASSES AND EVENTS

Whole Foods Market Tour: Alternatives to Dairy**Thursday, August 8****11:00 AM – 11:45 AM**

Learn alternatives to dairy products, including healthy eating and shopping tips. Read and understand food labels to identify hidden dairy ingredients.

INSTRUCTOR: Nina Spiegel, Holistic Nutritionist

FEE: Free, preregistration required.

LOCATION: Whole Foods Market, 45 Vervalen Street, Closter

**Holistic Nutrition and Breast Cancer****Tuesday, September 24****6:00 PM – 7:00 PM**

Learn nutrition tips and strategies while undergoing treatment for breast cancer. Navigate the foods that are beneficial during treatment and recovery, and learn how foods play a role in prevention and reducing your risk of recurrence.

INSTRUCTORS: Robin DeCicco, Holistic Nutritionist, and Cathy Verhulst, MS, LCSW, OSW-C

FEE: \$10; prepayment and preregistration required



REGISTRATION: To register for our classes and special events, or to book an appointment, call us at 201-608-2377, email grafcenter@ehmchealth.org, or visit englewoodhealth.org/graf.



Meditation, Yoga and Body Movement

We offer a number of meditation classes and stress management workshops, including a Mind-Body Stress Reduction series, weekly meditation classes, and other programs, all part of our Rodgers Family Meditation Program. In addition, we offer yoga for all levels. Yoga at the Graf Center uses gentle poses, breathing, and imagery, and incorporates meditation. Many of our yoga and body movement classes are designed for people facing certain health issues, and we take special care in ensuring your safety and comfort.

SERVICES BY APPOINTMENT

Individual Private Stretching Sessions

Flexibility is necessary for proper muscle balance and posture and decreases the likelihood of a future injury. Sessions are developed to assess muscle function, improve range of motion, and increase strength and flexibility. Initial 45-minute session includes a full range of motion assessment and full body stretching individualized to your abilities. Follow-up sessions are 30 minutes for stretching only or 45 minutes for reassessment with stretching.

INSTRUCTOR: Katie Reiss-Tolliver, MS, C-EP, Exercise Physiologist and Board-certified Massage Therapist

FEE: \$100 for initial session; \$45 for 30-minute follow-up session or \$60 for 45-minute follow-up session; prepayment and preregistration required



Pre/Post-Surgery Meditation

Part of The Rodgers Family Meditation Program

To heal your body, it helps to exercise your mind. Come prepare for your surgery and gain tools to relieve stress and anxiety and promote healing. Research shows that practicing meditation and guided imagery can reduce the nervous system response to stress and accelerates healing from surgery.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE: 60-minute session: \$75 each or \$700 for 10 sessions

SERVICES BY APPOINTMENT (continued)

Movement for Lymphedema

Learn gentle movements to help reduce swelling and improve range of motion, flexibility, lymph flow and balance. Mats available, or practice in a chair.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE: 60-minute session: \$75 each
or \$700 for 10 sessions



Fitness Assessment and Bodyweight Training

Gain greater strength, cardiovascular fitness, balance, and flexibility with an efficient, customized, weight-free exercise program. An initial session consists of prescreening, determination of your fitness and lifestyle goals, baseline assessment(s) to help us develop an appropriate program and track your progress, and demonstration of exercises with proper technique. The session is designed so that you have the tools to move forward with a greater understanding of your capabilities and a realistic timeline for your expectations to be met. Follow-up sessions are designed to evaluate progress, discuss new goals, and elevate exercises to keep your fitness program dynamic and effective.

INSTRUCTOR: Katie Reiss-Toliver, MS, C-EP, Exercise Physiologist and Board-certified Massage Therapist

FEE: \$100 for initial 60-minute session; \$75 for 45-minute follow-up sessions or \$50 for 30-minute sessions

WEEKLY CLASSES

Meditation for Stress, Anxiety, and Depression

Part of The Rodgers Family Meditation Program

Mondays

5:30 PM – 6:30 PM

Learn simple meditation techniques to help relax the body, center your mind, and build resistance to stress. With simple tools and strategies for making meditation part of your daily routine, you can transform how you handle stress, anxiety, and depression. Meditation can boost your mood and empower you to handle all of life's stressors. Open to beginners.

INSTRUCTOR: Mark Van Buren, Mindful Living Trainer, yoga/meditation instructor, personal trainer, musician, and author

FEE: \$10; prepayment and preregistration required

Meditation and Gentle Yoga for Stress and Pain Management

Part of The Rodgers Family Meditation Program

Wednesdays

11:15 AM – 12:15 PM

Learn to meditate mindfully, using breathing techniques and easy movement. Meditation can reduce stress, lower blood pressure, assist with pain management, and reduce the risk of stress-related diseases. Mats or chairs provided. All levels welcome.

INSTRUCTOR: Jeri G. Kadison, Certified Yoga and Meditation Instructor

FEE: \$10 per session; prepayment and preregistration required

Gentle Yoga

Wednesdays

5:30 PM – 6:30 PM

Yoga for all levels to unite the body, mind, and spirit through gentle poses, breathing and imagery. Come practice and learn how yoga can help you relax, refocus and reconnect.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE: \$10; preregistration and prepayment required

MEDITATION, YOGA, AND BODY MOVEMENT

WEEKLY CLASSES (continued)

Yoga for Women with Breast Cancer

Mondays

10:00 AM – 11:00 AM



**KULA FOR
KARMA**
Discover the Heart of
Therapeutic Yoga

FREE

Therapeutic yoga, breath work, and meditation. Made possible with the support of, and taught by, Kula For Karma, a nonprofit organization whose mission is to offer yoga to those who have been challenged by difficult circumstances.

FEE: Free; preregistration and physician clearance required

Gentle Chair Yoga for Cardiovascular and Pulmonary Rehab

Mondays

11:30 AM – 12:30 PM



**KULA FOR
KARMA**
Discover the Heart of
Therapeutic Yoga

FREE

For patients recovering from a heart attack, angioplasty, heart surgery, heart or lung transplant, and patients with chronic obstructive pulmonary disease, angina, and other related conditions. Participants will use a chair for seated poses and as a prop for standing poses. Made possible with the support of, and taught by, Kula For Karma, a nonprofit organization whose mission is to offer yoga to those who have been challenged by difficult circumstances.

FEE: Free; preregistration required

CLASSES AND EVENTS

Meditation, Movement, and Chair Yoga

Part of The Rodgers Family Meditation Program

Wednesdays, September 11 – October 30

11:00 AM – 12:00 PM



**TENAFLY
PUBLIC LIBRARY**

This eight-week series will help you calm your mind and body. Through mindful meditation, chair yoga, guided imagery, and breathing techniques, you'll relax, refocus, and reconnect. Perfect for all levels. Dress comfortably; no workout attire needed.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE AND REGISTRATION: Free; preregistration preferred. To register, call the Tenafly Library at 201-568-8680 or visit tenaflylibrary.org/calendar. Limited space.

LOCATION: Tenafly Library, Friend Room, 100 Riveredge Road, Tenafly

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)

Shake Your Soul®

Part of The Rodgers Family Meditation Program

Tuesday, July 9

6:30 PM – 7:30 PM

Discover the union of the body and spirit that is unique to yoga, but with the flow of dance. This is an exhilarating approach to whole body fitness with simple and easy-to-follow movements. Calm your mind and get energized during our workshop. Suitable for all fitness levels and flexibility. Dress comfortably.

INSTRUCTOR: Odelia Sharigan, Shake Your Soul® and Yoga Instructor

FEE: \$10 for one person or \$15 for two; prepayment and preregistration required

Mala Beads for Meditation Workshop

Part of The Rodgers Family Meditation Program

Thursday, June 27

6:30 PM – 8:30 PM

A mala is a strand of 108 beads plus a “guru” bead used for meditation. As a meditation tool, mala beads can help you stay focused on your intentions by using each bead as an opportunity. At the workshop, participants will be given supplies, guidance, and instructions to design a personal mala and will be guided through a mala meditation.

INSTRUCTOR: Jacquelyn Rose, Yoga/Meditation Instructor

FEE: \$40 in advance or \$50 at the door

Sound Healing Meditation

Part of The Rodgers Family Meditation Program

Friday, July 12

11:00 AM – 12:00 PM

This session consists of the ancient practice of tapping, breath work, and sound healing meditation. Tapping and breath work are used to open the body, developing deeper mind and body connection. This creates a space for sound to travel through the body, releasing stress. The second half of the session is 30 minutes of sound healing, with gongs and crystal bowls while participants lie on a mat. Perfect class to revitalize energy and to focus.

INSTRUCTOR: Jason Wood M. Ed., RMT

FEE: \$8 per session or \$10 for both classes if you preregister

MEDITATION, YOGA, AND BODY MOVEMENT

CLASSES AND EVENTS (continued)

Meditation & Yoga on Englewood Field Club Lawn

Part of The Rodgers Family Meditation Program

Friday, June 7

Friday, June 14

10:00 AM – 11:00 AM



Englewood Field Club and the Graf Center for Integrative Medicine have teamed up for the perfect setting to refresh and rejuvenate. Join us for this class on the lawn for yoga and meditation. All levels welcomed. Yoga clothes not required. Bring your own mat and towel.

INSTRUCTOR: Mary Ann Fernandez, CYT and Meditation Instructor

FEE: Members of Englewood Field Club are free, Nonmembers are \$10 per class. Access to yoga class on the lawn only. Preregistration and prepayment required.

LOCATION: Englewood Field Club, 341 Engle Street, Englewood. EFC front green lawn. Free valet parking at Englewood Health and walk across the street.

Tapping and Meditation Workshop

Part of The Rodgers Family Meditation Program

Tuesday, July 16

7:00 PM – 8:00 PM

Discover the benefits of tapping combined with Chakra Meditation. Tapping, also known as EFT (Emotional Freedom Techniques), is a powerful holistic healing technique to assist a range of issues, including stress, anxiety, phobias, emotional disorders, chronic pain, addiction, and weight control. Tapping stimulates the body's meridians and points.

INSTRUCTOR: Jeri G. Kadison, Certified Yoga and Meditation Instructor

FEE: \$10, preregistration and prepayment required by July 15 at 12 noon.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS (continued)



Yoga with Jennifer Graf

Wednesday, September 18

9:30 AM - 10:30 AM



Retro Fitness and the Graf Center for Integrative Medicine are teaming up for this special class. Treat yourself to some well-deserved self-care. You will feel refreshed and ready to embrace the everyday, back-to-school schedule. Retro Fitness will donate 10% of sales on all athletic leisure wear to support the Graf Center for Integrative Medicine on September 18.

INSTRUCTOR: Jennifer Graf, LCSW, Certified in Mind Body Medicine and Positive Psychology, Yoga Instructor, and Reiki Master

FEES: \$20, preregistration and prepayment required.

LOCATION: Retro Fitness, 103 N. Summit Street, Tenafly

CLASSES AND EVENTS (continued)

Mindful Meditation for Wellness

Part of The Rodgers Family Meditation Program

FREE

Tuesday, July 2

Tuesday, August 6

Tuesday, September 3

11:30 AM – 12:30 PM



ARBOR TERRACE
teaneck

Learn mindful tools to assist with sleep, blood pressure, chronic pain, stress, and anxiety. All levels welcome and no specific attire required.

INSTRUCTOR: Mark Van Buren, Mindful Living Trainer, yoga/meditation instructor, personal trainer, musician, and author

FEE: Free, preregistration required

LOCATION: Arbor Terrace, 600 Frank W. Burr Blvd, Teaneck

Mini Meditation and Yoga Retreat

Part of The Rodgers Family Meditation Program

Saturday, July 13

9:00 AM – 11:00 AM



Looking for a warm, friendly environment to connect with others and learn the benefits of meditation and yoga? The Englewood Field Club and the Graf Center for Integrative Medicine are offering this mini retreat, designed to ease both the mind and body in the serene outdoors. All levels welcomed. Yoga clothes not required. Bring your own mat or towel.

INSTRUCTOR: Mary Ann Fernandez, CYT and Meditation Instructor

FEE: \$15; free for members of the Englewood Field Club. Preregistration and prepayment required.

LOCATION: Englewood Field Club, 341 Engle Street, Englewood

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**



CLASSES AND EVENTS

Self-Care with Essential Oils

FREE

Thursday, September 26

11:30 AM – 1:30 PM (open house)

As summer ends, we transition to busier schedules and new routines. For many, the back-to-school bustle can be challenging. Self-care is important when life gets hectic. Learn to manage stress, awaken the immune system, and improve sleep quality with essential oils. Demo led by a doTERRA expert.

FEE: Free, walk-ins welcome; preregistration preferred.

SERVICES BY APPOINTMENT

Pre/Postnatal Massage Therapy

Provided in the privacy of your hospital room, these massages focus on the special needs of the expectant and new mother. Massage helps the body prepare for and cope with the special demands of pregnancy.

FEE: \$45 for a 30-minute session in hospital room. Also available in the comfort of the Graf Center for Integrative Medicine.

Prenatal Manual Lymphatic Drainage Massage

This type of massage keeps immune system functioning optimally, reduces edema and retention, constipation relief and stretchmark prevention and management. Recommended only in second trimester, after morning sickness has subsided. Doctor clearance necessary. Patient is clothed.

FEE: \$50 for a 30-minute session in hospital room. Also available in the comfort of the Graf Center for Integrative Medicine.

Postnatal Manual Lymphatic Drainage Massage

Can assist with weight reduction from fluid buildup, faster healing from natural and C-section deliveries, minimize scarring from C-section, increase milk production. Doctor clearance necessary. The touch and moves are very light to encourage movement for quicker healing, recovery and fluid movement. 30-minute sessions. Patient is clothed.

FEE: \$50 for a 30-minute session in hospital room. Also available in the comfort of the Graf Center for Integrative Medicine.

Pre/Postnatal Nutrition Consultations

Learn about the proper nutrients to support pregnancy, including vitamins and supplements, which foods to avoid, and safe food preparation. Vegetarian, diabetic, and lactating mothers are all welcome.

FEE: \$45 for a 30-minute session; \$80 for 60-minute session

Organic Mother/Baby Gifts Our boutique sells items specifically for new moms, including Dream Cream, a thick cream to heal and protect dry skin, natural belly oil to improve stretch marks and elasticity, and beautifully designed gift boxes filled with natural products.



LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. **Free valet parking.**

CLASSES AND EVENTS

Prenatal Yoga

Series 1: Tuesdays, June 4 - June 25

Series 2: Tuesdays, July 9 - July 30

Series 3: Tuesdays, August 6 - 27

Series 4: Tuesdays, September 3 - 24

6:30 PM - 7:30 PM

Designed specifically for pregnant women, our gentle yoga series will teach you safe and effective yoga postures and incorporate breathing exercises and meditation.

INSTRUCTOR: Arlene Minoyan, CYT

FEE: \$75 for 4-week series, preregistration and prepayment required.





Summer Wellness Package

The Summer Wellness Package will let you sample different integrative medicine services for your own personal education and enjoyment. Perfect for a gift.

- 30-minute therapeutic massage or Reiki session
- 30-minute auricular (ear) acupuncture
- 30-minute nutrition consult or wellness coaching introduction

Services must be redeemed within six months.

FEE: \$99



String Bean and Tomato Toss

No summer is complete without Jersey fresh tomatoes! With farmers markets throughout the state, make sure to stop by for all types of tomatoes: juicy beefsteak, miniature cherry tomatoes, and brightly colored heirlooms. Full of vitamin C and the antioxidant lycopene (shown to reduce cancer and cardiovascular risk), tomatoes aren't just delicious, they are a superfood!

The hemp seeds in this recipe serve as added fiber and a protein-boost to keep you feeling full. Optional add-ins include any other nuts and seeds, ground flaxseed and/or ground chia seeds.

For a perfect summer night, eat this String Bean and Tomato Toss and throw some halibut or sea bass on the grill and season lightly with olive oil, lemon and herbs from the farmers market (whatever is fresh and in season). Dinner is served!

Ingredients

- 4 oz. haricots verts or green beans, trimmed
- 2 lb. medium tomatoes, some sliced, some cut into wedges
- 1 pint cherry tomatoes, halved crosswise
- ¼ cup fresh basil
- 2 Tbsp. dried oregano
- 2 Tbsp. red wine vinegar
- 2 Tbsp. extra virgin olive oil
- 3 Tbsps. hemp seeds
- Freshly ground black pepper and sea salt

Instructions

1. Cook haricots verts in a large pot of boiling water until bright green and tender, about 5 minutes.
2. Then, transfer to a bowl of ice water; let cool. Drain and pat dry.
3. Toss haricots verts, both kinds of tomatoes, hemp seeds, basil and vinegar in a large bowl; season lightly with black pepper and oregano
4. Transfer salad to a platter, drizzle with oil, and season with sea salt and pepper.

Courtesy of Robin DeCicco, Holistic Nutritionist from the Graf Center for Integrative Medicine



A DAY DEVOTED SOLELY TO YOUR HEALTH AND WELL-BEING

Nothing affects the quality of your life more than the quality of your health. All around you, at home and at work, people are depending on you to be at your best – and that requires good health and wellness.

The Braverman Family Executive Wellness Program is designed to provide a comprehensive head-to-toe assessment and wellness evaluation, all in a single visit directed by a dedicated concierge.

From the moment you enter Englewood Hospital, your health is our center of attention. You are the sole focus of select physicians, nurses, therapists, and technicians. Your personalized itinerary of exams, lab tests, and consultations is arranged for the most efficient use of your time.

At the end of the day, you and one of the program's co-medical directors create an action plan to address any challenges and position you for better health. You leave with the confidence that you're in command of your total well-being.

IT'S TIME TO PROTECT YOUR MOST IMPORTANT ASSETS

Good health is a win-win proposition. Your six-hour investment in yourself will empower you to make important decisions that can directly impact your future. And people depending on you will have peace of mind knowing that you're taking good care of yourself.

For more information on The Braverman Family Executive Wellness Program at Englewood Health, call 201-608-2355 or or visit englewoodhealth.org/executive.



THE BRAVERMAN FAMILY
EXECUTIVE WELLNESS PROGRAM



Englewood Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para asistencia lingüística gratuita, llamar al 201-894-3368.

무료 통역 서비스를 원하시면 201-894-3368로 문의바랍니다.





ENGLEWOOD
HEALTH

350 Engle Street
Englewood, NJ 07631



Summer 2019

Calendar of Events and Services