

Holistic Video Library

The Cancer Center at Robert Wood Johnson University Hospital Hamilton offers some of our signature holistic program videos on demand. View them on YouTube on your computer or on the YouTube app on your mobile device at any time. Enjoy virtual programs such as musical performances, yoga & meditation, art workshops cooking demonstrations, and spiritual talks. New videos are added regularly, so check back often!



How to watch

On your computer browser: <http://www.rwjbh.org/hamiltonholisticvideos>
Search YouTube for "RWJUH Hamilton Holistic Programs"

Healing Trails

Healing Trails is a virtual wellness walk in partnership with D&R Greenway Land Trust where patients can enjoy an audio and pictorial tour of healing trails to experience nature virtually and listen to inspirational stories.

To learn more about our partnership on Healing Trails with D&R Greenway Land Trust by visiting drgreenway.org/healing-trails



A Holistic Approach to Cancer Care

To request an appointment with one of New Jersey's top cancer specialists visit rwjbh.org/beatcancer.

Robert Wood Johnson University Hospital Hamilton | **RWJBarnabas HEALTH**

Let's beat cancer together.

Cancer Center | 2575 Klockner Rd, Hamilton Township, NJ 08690 | 609-631-6960

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Rutgers Cancer Institute of New Jersey is the state's only NCI-designated Comprehensive Cancer Center. Together RWJBarnabas Health and Rutgers Cancer Institute offer the most advanced cancer treatment options close to home.



The Cancer Center at RWJUH Hamilton provides multidisciplinary cancer care in a warm and welcoming environment that treats the whole patient and not just the disease. In partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center, the Cancer Center at RWJUH Hamilton provides patients access to the most advanced treatment options, including clinical trials.



The Cancer Center at RWJUH Hamilton provides holistic services as an important component of patient care, creating the optimal healing environment for patients. Surrounded by the Grounds for Healing, a unique partnership between Robert Wood Johnson University Hospital Hamilton and Grounds for Sculpture, patients can view beautiful gardens and sculpture.

The Holistic Program offers features and programs at no cost to patients and families thanks to the generous philanthropic support of donors*. Physicians, nurses, educators and other holistic practitioners combine their expertise to offer leading-edge therapies and a high-quality educational experience.



Integrative therapy can help:

- Reduce stress and anxiety
- Manage chronic medical conditions
- Prepare for surgery
- Align mind, body and spirit for optimal healing

**These programs are fully funded by the generous support of We vs. C®, The Bruce Bux Endowment, I Believe in Pink Foundation and the Cannon Cancer Fund. We vs C® is a campaign supported by Robert Wood Johnson University Hospital Hamilton Foundation to inspire and engage our local community and its members in the fight against cancer, encouraging holistic therapies integrating spiritual, physical, mental, and emotional forms of well-being with exceptional clinical care.*

HEALING THE WHOLE PERSON

The Holistic Program at Robert Wood Johnson University Hospital Hamilton's Cancer Center offers programs such as these at no cost to patients and families.



Gazing Therapy: Taking in scents or visually focusing on an object or image can be soothing or meditative.



Art: Live demonstrations of art forms such as painting and sculpting creative displays, meet the artist workshops and live demonstrations are offered periodically.



Boutique services: Hair, wig and skin care services. Collaborations with local aestheticians and salon professionals allow patients to receive hair and wigs tailored to the unique needs of people undergoing cancer treatment. Education on wig maintenance and care is also provided.



Grounds for Healing®: A private garden in the Cancer Center provides natural landscaping including water features and a wisteria-covered trellis, along with sculptures to create a calming outdoor space.



Music and singing: Live performances, recordings and, in some cases, lessons allow patients to experience calming sounds from instruments such as cello, violin, ukulele, flute, piano and harp.



Pet therapy: Visits with certified pet therapy animals can provide comfort and help patients and loved ones cope with cancer and other conditions.



Reiki: A whole-body energy healing experience, can be beneficial to health and well-being. Sessions with licensed professionals are offered in various settings, including infusion rooms.



Spiritual care: A chaplaincy team is available to provide emotional support and assist patients and loved ones grappling with spiritual questions and thoughts that illness can raise regardless of faith, tradition or culture.



Yoga and meditation: Both help clear the mind and induce relaxation. Chair yoga and meditation sessions allow patients going through treatment to participate while seated.



Other services: These may include psychology services and sessions, meditative coloring, cooking demonstrations and special events such as art festivals.

To learn more about our holistic programs and services ask a member of your healthcare team or contact our Holistic Coordinator by call **609-584-2827**.