

Holistic Programs & Services

Cancer Care at Robert Wood Johnson
University Hospital Hamilton



**Robert Wood Johnson
University Hospital
Hamilton**

RWJ Barnabas
HEALTH

2575 Klockner Road
Hamilton, NJ 08890

rwjbh.org/hamilton

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University Hospital
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RWJ Barnabas
HEALTH

RUTGERS
Cancer Institute
of New Jersey
RUTGERS HEALTH

Partner with the power of art and nature for optimal health and well-being

The RWJUH Hamilton Integrative Medicine Program focuses on healing the whole person – addressing the range of physical, emotional, mental, social, spiritual and environmental influences that affect each patients' health.

Our team works with you to create a personalized care plan to support your best health. Centered on natural remedies – evidence-based, holistic treatment techniques and wellness therapies – we address your health concerns and their underlying causes. Rest assured, these treatments do not interfere with traditional medications. In fact, this program is specially-designed to complement existing treatment plans prescribed by your oncologist, primary care, and specialty physicians.

Take advantage of these proven complementary medicine approaches to maximize your body's potential for self-healing.

- ▶ Art therapy
- ▶ Music therapy
- ▶ Pet therapy
- ▶ Refashioning with makeup and wigs
- ▶ Kinetic massage
- ▶ Meditation
- ▶ Reiki

Focus on prevention. Develop healthy behaviors and effective self-care skills to use throughout your life. Achieve and maintain your long-term health goals.

All of our holistic programs and services are offered at no charge to our Cancer Center patients and their families.

Continue reading to learn more about our holistic offerings or ask your nurse for more information.



Cancer Care at Robert Wood Johnson University Hospital Hamilton *The Center for Body, Mind & Spirit*

SCHEDULED PROGRAMMING

Massage Therapy Using Kinetic Chain Release (KRI)

Offered twice per week, this gentle, noninvasive massage therapy brings the body back into balance, often alleviating pain.

Harp Therapy

Enjoy the comforting sounds of the harp shared by professional musicians. If you're interested, you can also learn to play the harp.

Harpists visit the Cancer Center regularly throughout the week.

AVAILABLE BY APPOINTMENT

Spiritual Enrichment Sessions

Chaplains are available for individual pastoral counseling sessions, twice weekly.

Monthly Spiritual Enrichment workshops provided with refreshments.

Reiki Specialists

These specially-trained professionals are available on-site for your relaxation. Ask a nurse to request a visit from a reiki specialist.

Available on a regular basis. Ask your nurse.

Pet Therapy

If you love interacting with animals, let us know! We will arrange for a visit from a furry friend during your treatment.

Healing Art Workshops

This expressive art program, lead by several local artists, uses creativity as a means of self-discovery. Especially designed for our patients living with cancer, and their families, who are looking for a supportive environment in which to explore the healing power of their imaginations. Each workshop uses a different medium to capture the essence of healing.

Please call 609-584-5900 for a workshop schedule and to register.

Day of Wellness

Enjoy a stress-free Sunday. RWJUH Hamilton cancer patients and their families, friends and caregivers are invited for a day at the RWJ Fitness & Wellness Center for activities and relaxation opportunities for all ages.

Please call 609-584-5900 for more information about our next Day of Wellness and to register.

Refashioning

Skincare and makeup experts are available to help you look your best!

Please call 609-584-5900 to schedule your appointment.

Nutrition Counseling

Eat yourself strong and healthy before, during and after your cancer treatment. Individual nutrition counseling is available by appointment.

Fun and delicious classes are also available for you and your family in the Healthy Cooking Kitchen at the RWJUH Hamilton Fitness & Wellness Center.

Please call 609-584-5900 to schedule your nutrition counseling appointment and for cooking class schedules and registration.

ALWAYS AVAILABLE

Ask your nurse for more information.

Sound Meditation

Available daily. Relax and sooth using an iPod Shuffle available during your visit.

Aroma Therapy & Gazing Therapy (with and without scents)

Personal diffusers are with your choice of soothing scents. Ask your nurse about aroma therapy.

Mantra & Meditation Bead Therapy

Enjoy them for relaxation and mindfulness therapy. Ask your nurse about mantra and meditation bead therapy.

Brain Teasers

Keep your mind sharp and entertained with these games available on an iPad for your use during your visit.

Grounds for Healing

Enjoy beautifully manicured, serene grounds surrounding the Cancer Center, created through a special partnership with the Grounds For Sculpture in Hamilton.