



Mather Hospital Integrative Care program presents:

Restore, Nurture and Empower for Women (ReNew)

A **free** program for women with cancer and cancer survivors that empowers women with self-management tools shown to restore and nurture a sense of well-being.

Thursdays, 11am to 7pm, Conference Rooms 1 and 2

ReNew programs include:

- Acupuncture
- Meditation
- Emotional freedom technique
- Guided imagery
- Journaling
- Reiki
- Yoga
- Health coaching
- Oncology massage coaching with a care partner
- Stress management

This program is funded through a generous grant from the Katz Institute for Women's Health.



Mather Hospital
Northwell Health®

Schedule an appointment at (631) 476-2803, Option 1
For more information call (631) 476-2847