

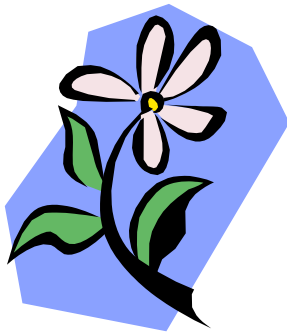


COMING SOON!

‘SOUTHAMPTON HOSPITAL WELLNESS INSTITUTE’

Featuring a comprehensive selection of programs, including:

Functional Medicine- practiced by Board Certified physicians, functional medicine is personalized medicine that deals with primary prevention and underlying causes instead of symptoms for serious chronic disease.



Wellness Programs:

- Yoga Classes
- Tai Chi Classes
- Qi Gong Classes
- Meditation Classes
- Visualization Classes
- Massage therapy
- Nutritional and weight loss counseling
- Healthy Eating workshops and seminars
- Diabetes Basics and Beyond
- Functional Fitness for seniors

Harvard Mind Body programs: our instructors were trained at the Benson-Henry Institute for Mind Body Medicine at Harvard University. Programs are designed to help those suffering from stress-related medical conditions to decrease their symptoms by teaching them to more effectively manage their condition. Techniques include cognitive behavioral strategies, exercise, journal writing, group support, humor, and relaxation response techniques. The following programs are currently available:

- Medical Symptom Reduction
- Cardiac Wellness
- Diabetes Management
- Cancer Wellness

Department of Rehabilitation:

- Physical, Occupational, and Speech Therapy
- Lymphedema therapy
- Vestibular rehabilitation
- Cardiac and Pulmonary Rehabilitation

Check back soon for more information and program schedules or call: (631) 726-8800