Introduction to Self-Care through Massage Part 1

Thursday June 25th
11:30 – 1:00*

REGISTER NOW**

What is Self-care?

Self-care is about being as kind to yourself as you would be to others. It’s partly about knowing when your resources are running low, and stepping back to replenish them rather than letting them all drain away.

Self-care also involves integrating self-compassion into your life in a way that helps to minimize the possibility of burnout.

In these challenging times, positive self-care can be an important tool for developing resilience and reducing stress.

Massage has been used for many centuries as a way to regain a sense of calm and positivity. Cynthia will show us some simple self-massage techniques that can be done anywhere and at any time.

These sessions will be recorded so you will be able to practice the techniques as many times as you like.

Introduction to Self-Care through Massage Part 2

Thursday July 9th 11:30 – 1:00

Cynthia Piltch, PhD., LMT, CPS is a Community Research Consultant at the MGH Center of Excellence for Psychosocial and Systematic Research and has a private clinical and training practice in massage therapy, Reiki and other mind-body modalities. She is strongly committed to bringing self-care tools to community groups that can help support people in these challenging times.

These sessions will be recorded for personal use

*Please note time change

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