

# HEALING ARTS



LOWER CAPE FEAR  
**LifeCare**

## Healing Arts programs enhance quality of life.

Healing Arts programs increase mental and physical well-being for patients in their homes, patients in our care centers, or family members grieving the loss of a loved one.

### Expressive Arts

**Performing artists** provide live music to create a healing environment that honors your needs and your family's needs.

**Therapeutic musicians**, who are specifically trained, are often requested during the final stages of life to help support the life/death transition.

*A Therapeutic Musician is specifically trained and certified through the National Standards Board for Therapeutic Musicians.*

**Yoga** uses gentle movements, simple stretches and breathwork to help improve blood pressure, flexibility and balance, and create a sense of calmness.

**Guided relaxation** can help improve blood pressure and decrease stress and anxiety.

### Healing Arts

Our Expressive Arts Therapist offers grief support and education, as well as workshops. Some topics include:

- How to Build a Memorial Garden
- How to Build a Labyrinth
- Writing workshops
- Recording memories in memory boxes

BE SUPPORTED

## Massage Therapy

Massage therapy is available through referral and can help you physically and mentally relax. Massage therapists use specific techniques based on your care plan and can help reduce your pain, while lowering blood pressure and providing relief to your strained muscles.

## Therapeutic Touch/Reiki

Reiki Masters are certified therapists who concentrate their efforts to specific diseased areas of your body, often minimizing pain. Reiki can also be used to promote a positive psychological experience when dealing with the realities of your life with a serious illness.

## Pet Therapy

A trained pet therapy dog can visit with you. Interaction with these affectionate animals calms, comforts and lifts your spirits, whether you are away from your own pet or simply want the company of a loving animal.



## Labyrinths

A labyrinth is a winding pathway to a center circle. It provides a quiet place to find peace and relaxation and to release emotions and problems. Labyrinths at the Dr. Robert M. Fales Hospice Pavilion in Wilmington and the SECU Hospice House of Brunswick offer an opportunity for meditation, stress reduction, spiritual and inner healing, and hope and respite for caregivers, staff, ambulatory patients and visitors.

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**Program offerings are dependent on provider availability. Some programs may be offered in patients' homes; some may be offered only in a care center(s). For more information, call 1.800.733.1476.**



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Palliative • Hospice • Support • Foundation

Referrals 800.207.6908

Information 800.733.1476

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