

healthy  
GET-together

# THERAPEUTIC TOUCH® FOR SELF-CARE



Have you taken time for yourself today?  
Practicing self-care can reduce or eliminate  
anxiety, depression, and stress. It has also  
been found to enhance concentration, increase  
happiness, and improve energy.

Join us for our virtual Healthy Get-Together  
event where you will learn about the  
benefits of Therapeutic Touch® techniques,  
including how to:

- Calm yourself in stressful times  
(and situations)
- Sleep better
- Provide “first aid” for minor issues at home
- Help manage pain – chronic or acute

Do something good for yourself today,  
and everyday! Take your health into your  
own hands and attend our virtual Healthy  
Get-Together event.

**Speaker: Karen Eberhardt & Jean Riddell,**  
Therapeutic Touch® Practitioners,  
Therapeutic Touch® Network of Ontario

**Date: Thursday, May 6, 2021**

**Time: 6:00 – 7:00pm**

**Location:** Online event via Webex

**Meeting Link:** <http://tbh.net/hgt>

**Meeting number:** 129 724 6891

**Password:** Health

**Alternatively, feel free to join by phone by calling:**  
+1-647-484-1598 (long distance fees apply)

**Access code:** 129 724 6891



Thunder Bay Regional  
Health Sciences  
Centre

For more information or to receive the event link by  
email, contact **Samantha Morris** at [morrissa@tbh.net](mailto:morrissa@tbh.net).

*Brought to you by Prevention & Screening Clinical Services*