About the Graf Center
The Graf Center for Integrative Medicine is reimagining what wellness looks like through a holistic approach, focusing on the mind and body as one. Our center’s team of licensed and/or certified practitioners offers evidence-based services to promote prevention, recovery, and support in a safe, comfortable environment. Our services can help minimize nausea, reduce pain, lower blood pressure, and relieve stress and anxiety. We work closely with your Englewood Health or personal physicians, and our wellness services are also open to family members and the public.

Services
Acupuncture
Aromatherapy
Integrative medicine
Massage therapy
Meditation
Nutritional counseling
Reflexology
Reiki
Stress management
Wellness coaching
Wellness workshops
Yoga

We also have a health and wellness boutique and offer gift certificates for services.

ADDRESS
Graf Center for Integrative Medicine
Englewood Health
350 Engle Street, Englewood, NJ 07631

We are located on the 5th floor of The Russell and Angelica Berrie Center for Humanistic Care.

FREE VALET PARKING

CONTACT US
MAIN PHONE: 201-608-2377
DR. TRACY SCHELLER: 201-731-3178
grafcenter@ehmchealth.org
englewoodhealth.org/graf

HOURS
MONDAY: 10:00 AM – 6:00 PM
TUESDAY: 11:00 AM – 8:00 PM
WEDNESDAY: 10:00 AM – 6:00 PM
THURSDAY: 11:00 AM – 7:00 PM
FRIDAY: 8:00 AM – 6:00 PM

Like us on Facebook for health tips and news.

Facebook: TheGrafCenter • Instagram: TheGrafCenter
## Service Price List
Buy 10 sessions and get the 11th free or a 10% discount.**

### Therapeutic Massage/Manual Lymphatic Drainage/Reiki/Reflexology

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>25/50/80 Minute Session*</td>
<td></td>
<td>$45/$80/$120</td>
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<tr>
<td>Employee Express 15 min Chair Massage</td>
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<tr>
<td>Manual Lymphatic Drainage (25/50 Minutes)*</td>
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<td>$50/$85</td>
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<tr>
<td>Manual Lymphatic Drainage - 5 session package**</td>
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<tr>
<td>Pre/Postnatal Massage (50 Minutes)*</td>
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<tr>
<td>AromaTouch Massage (80 Minutes)*</td>
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<tr>
<td>Aromatherapy add on (Peppermint, Lavender, Orange)</td>
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<td>$5</td>
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### Acupuncture

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>60 Minute Initial Evaluation with Treatment</td>
<td></td>
<td>$90</td>
</tr>
<tr>
<td>45 Minute Follow Up Session</td>
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<td>$75</td>
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<tr>
<td><strong>Package</strong> 5 sessions / 10 sessions</td>
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<td>$350/$690</td>
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<tr>
<td>Auricular Acupuncture 30 min Session</td>
<td></td>
<td>$40</td>
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<tr>
<td><strong>Existing Client Package</strong> 10 sessions (30 Minutes)</td>
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### Holistic Nutrition

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<thead>
<tr>
<th>Service</th>
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<th>Price</th>
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<tbody>
<tr>
<td>60 Minute Initial Evaluation</td>
<td></td>
<td>$80</td>
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<tr>
<td>60 Minute Follow Up Session (Individual or package** of 10)</td>
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<tr>
<td>30 Minute Follow Up Session</td>
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<tr>
<td>60 Minute Family Session</td>
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### Inpatient Services – 30 minute treatments (physician approval required)

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Inpatient Acupuncture</td>
<td>$50</td>
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<tr>
<td>Inpatient Auricular Acupuncture</td>
<td>$40</td>
</tr>
<tr>
<td>Inpatient Massage, including Pre/Post-Natal Massage</td>
<td>$45</td>
</tr>
<tr>
<td>Inpatient Reiki or Reflexology</td>
<td>$45</td>
</tr>
<tr>
<td>Inpatient Manual Lymphatic Drainage</td>
<td>$50</td>
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### Private Yoga or Meditation

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
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<tbody>
<tr>
<td>60 Minutes</td>
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### Wellness Coaching

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<tr>
<th>Service</th>
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<tr>
<td>Initial 90-minute session</td>
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<td>$100</td>
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<tr>
<td>30 Minute Follow Up Sessions (Individual or package** of 6)</td>
<td></td>
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<tr>
<td>60 Minute Follow Up Sessions (Individual or package** of 6)</td>
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<td>$80/$420</td>
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</table>

**IMPORTANT NOTE ABOUT MASSAGES**: Please allow additional 5 minutes for consult/dressing with a 25-minute massage; additional 10 minutes for consult/dressing with a 50- or 80-minute massage. If additional time for dressing/consultation is needed, please discuss when booking. **No refunds on packages.

NJ sales tax (6.625%) is added to massage and Reiki unless you have a prescription from your doctor. All fees subject to change. FSA/HVA can be used to pay for sessions. No refunds for appointments canceled within 24 hours, unless you have a doctor’s note.
### Winter 2020 Weekly Classes

#### MONDAYS

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>Yoga for Women with Breast Cancer</td>
<td>10:00 AM – 11:00 AM</td>
<td>P 18</td>
</tr>
<tr>
<td>Gentle Chair Yoga for Cardiovascular and Pulmonary Rehabilitation</td>
<td>11:30 AM – 12:30 PM</td>
<td>P 18</td>
</tr>
<tr>
<td>Meditation for Stress, Anxiety, and Depression</td>
<td>5:30 PM – 6:30 PM</td>
<td>P 19</td>
</tr>
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#### TUESDAYS

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>Gentle Movement and Meditation Series</td>
<td>5:30 PM – 6:15 PM</td>
<td>P 21</td>
</tr>
<tr>
<td>Prenatal Yoga Series</td>
<td>6:30 PM – 7:30 PM</td>
<td>P 29</td>
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#### WEDNESDAYS

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Room</th>
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<tbody>
<tr>
<td>Meditation and Gentle Yoga for Stress and Pain Management</td>
<td>11:15 AM – 12:15 PM</td>
<td>P 19</td>
</tr>
<tr>
<td>Gentle Yoga</td>
<td>5:30 PM – 6:30 PM</td>
<td>P 19</td>
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</table>
New beginnings. A fresh start. Each year, January 1st gives us the chance for a reset, an opportunity to make our lives better, happier, and healthier. Although it is just one date on the calendar, most of us see New Year’s Day as an opportunity to break bad habits and begin anew.

And we set out with the best of intentions. “I will lose 20 pounds.” “I will start to meditate.” “I will begin an exercise program.” We start out with enthusiasm and commitment. We wake up early to get a run in before work, shop for healthy ingredients for a new diet, or set aside time to meditate. Some of us will succeed in making these changes last a lifetime, but most of us struggle, eventually succumbing to old habits and giving up a few weeks—or days—after we’ve begun.

So how can we make this year different? How can we make change permanent? Even if we’ve failed in the past, experts say it’s possible to make our resolutions stick this time.

“To succeed, I recommend limiting the number of goals, being specific about what you want to improve, and focusing on making incremental changes to accomplish goals gradually,” says Tracy Scheller, MD, the medical director of Graf Center for Integrative Medicine. “It also helps to enlist support from others and take advantage of the expanding resources that have become available as more and more people strive to live their best lives.”

One tool many find helpful is a vision board. Vision boards are usually made by attaching images and words that represent goals to a poster board, which serves as a physical reminder of what the user wants to accomplish and what success looks like. The board is placed in a prominent location where it can be seen often. Vision boards can also be created digitally or online—think Pinterest—and pulled up whenever the user needs motivation, or used as a screen saver that will be seen throughout the day.
This winter, the Graf Center is offering two workshops on creating vision boards so you can help achieve your own goals for 2020. The workshops will be taught by Mary Ann Fernandez, who also teaches yoga and meditation at the center. Mary Ann says vision boards can be effective motivators. “There’s power in visualization,” she says. And creating a board is “a really fun way” to make goals for the new year. (See page 8 for more information about these workshops.)

The Graf Center and its staff offer a wide range of services for those who resolve to live healthier, happier lives. Acupuncture therapy helps clients reduce stress, and meditation classes teach them how to relax and sharpen their focus. Massage therapy can improve circulation, reduce pain, lessen side effects.
effects from chemotherapy, and even reduce insomnia. Aromatherapy, in which essential oils are diffused into the air, promotes health and well-being and helps clients stay focused on their goals for mind and body. Staff members are engaged and supportive, working closely with clients to help them feel better and accomplish their health objectives.

In addition to being an instructor at Graf, Mary Ann has been a client herself. She took advantage of the center’s services after she was diagnosed with breast cancer in 2015. She says she especially liked Reiki, a Japanese technique involving gentle touch that aims to reduce stress and promote healing. Mary Ann says it helped her relax, “accept what was going on at the moment, and allowed my body to heal.” She believes Reiki and other Graf Center resources are especially helpful for those receiving challenging treatments such as chemotherapy.

Today Mary Ann is cancer-free. Reflecting on her treatment at Englewood Health, she expresses gratitude for the care she received and looks forward to a bright future. “I was in the best hands I can imagine,” she says. A self-declared optimist, Mary Ann says every day is New Year’s Day—an opportunity for new beginnings and fresh starts.

“Making fitness and health changes can be challenging, but it doesn’t have to be. Accomplishing your goals can be simple and enjoyable when approached correctly. Motivate yourself by choosing meaningful, realistic, and specific goals, with an ultimate achievement in mind. Consider working with an expert to help guide you, monitor your progress, and adapt to obstacles. Lastly, remember to celebrate your achievements, both big and small.”

Katie Reiss-Tolliver, Exercise Physiologist

Creating realistic and sustainable changes in nutrition and health is never a “one size fits all” solution. Everyone is different. People often tell me exactly what they should and shouldn’t eat or do to lose weight. I work with them to tease out what stops them from making the “right” choices, i.e. identifying triggers. We then work together on behavioral changes to support an overall healthier lifestyle and tenable weight loss. It’s important to create an action plan—a sequence of short-term goals that help change habits gradually and create new sustainable patterns of behavior when it comes to nutrition and health.

Nina Spiegel, Holistic Nutritionist
SERVICES BY APPOINTMENT

Integrative Medicine Consultation with Dr. Tracy Scheller

Tracy Scheller, MD, MBA, MS, FACOG, offers a comprehensive understanding of various healing approaches for a variety of diseases and conditions, as well as preventive health and overall improved lifestyle. During the consultation, a comprehensive health history is provided regarding nutrition, sleep patterns, stress levels, eating habits and digestion, social support, medications, and lifestyle. Dr. Scheller will review your personal medical history to develop a collaborative holistic treatment plan that is tailored to your individual needs. You will be a partner in your healing process and will review different recommendations, which may include the use of dietary supplements, nutritional consultations, acupuncture, massage therapy, Reiki, meditation and yoga.

APPOINTMENTS: 201-731-3178

NOTE ABOUT INSURANCE: Health insurance accepted for an integrative medicine consultation as an in-network provider.

Wellness Coaching

Wellness Coaching is tailored to your unique goals and needs. When and how long you meet with your coach is determined by your scheduling needs and what you hope to accomplish.

FEE: $100 for initial 90-minute session. Follow-up sessions are $60 for 30 minutes (6 for $300) or $80 for 60 minutes (6 for $420).

To help clients achieve their goals, it is recommended that they use all six sessions within 60 days.

INSTRUCTOR: Nina Spiegel, Wellness Coach and Holistic Nutritionist
All About Vaping: A Workshop for Parents

Wednesday, January 15
6:30 PM – 7:30 PM

Worried that your teen might vape? This parent workshop discusses how to deal with the vaping epidemic. Join us to learn about the dangers of vaping and other forms of smoking your kids may be trying, why parents shouldn’t look the other way, tips to enforce a zero-tolerance policy and enforce consequences, how to meet your teenager in the middle and set limits, and support available through integrative medicine, including meditation, yoga, and acupuncture for cravings.

INSTRUCTORS: Scott Bienenfeld, MD, Addiction Psychiatrist and Stacey Cohen-Meissner, PhD, Clinical Psychologist

FEE: Free, preregistration required by January 14, 2020

Refreshments provided by the Gregory P. Shadek Behavioral Care Center at Englewood Health
WELLNESS

CLASSSES AND EVENTS (continued)

Vision Board Workshop – Manifestation Manual

Monday, January 20
Monday, February 10
6:45 PM – 8:00 PM

This 75-minute workshop will demonstrate personal vision boards designed for your own goals. The class will start with a discussion on what vision boards represent, their purpose, who uses them, and why vision boarding is a successful practice. Class will include a gentle meditation to open up your mind, and will end with a focus on your individual goals. Each class covers the same content.

Notebook/journal and pen are required.

INSTRUCTOR: Mary Ann Fernandez, CYI

FEE: $15 per class; $20 for two registrants; preregistration and prepayment required

Mind, Body, and Books

Friday, January 24  Friday, February 28  Friday, March 27
1:00 PM – 2:30 PM

This monthly book club is open to those interested in having deep, meaningful conversations with like-minded people. Gain a better understanding of yourself, your community, your spirituality, and your wellness. Each month is a different book selection; contact us to inquire.

FEE: $5; prepayment and preregistration required. Book must be purchased separately.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. Free valet parking.
Wellness and Longevity: Heart Health Program

If you have heart disease or risk factors for heart disease, the Wellness and Longevity: Heart Health Program can help you lead a well-rounded, healthy lifestyle.

**Key Features**

- Physician-developed program
- Twice-weekly supervised private-group workouts
- Wellness and nutrition coaching
- Meditation and stress-management strategies
- Access to Kaplen JCC on the Palisades

**Eligibility**

The program is open to patients with their doctor’s approval who meet one of the following criteria:

- Patients with a diagnosis of heart disease or who are at risk of heart disease, such as those with diabetes, high blood pressure, or a family history of heart disease or who are overweight.
- Patients who have completed a formal cardiac rehabilitation program.

**FEE:** $100

**REGISTRATION AND MORE INFO:** Visit englewoodhealth.org/hhp

**LOCATION:** Kaplen JCC on the Palisades, 411 E. Clinton Ave., Tenafly

**2020 WINTER PROGRAM**

**MONDAYS AND THURSDAYS:**

<table>
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<tr>
<th>FIRST SESSION</th>
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<tbody>
<tr>
<td>JAN 9, 13, 16, 20, 23, 27, 30</td>
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<td>FEB 3, 6, 13</td>
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<th>SECOND SESSION</th>
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<td>MARCH 5, 9, 12, 16, 19, 23, 26, 30</td>
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<tr>
<td>APRIL 2, 6</td>
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**ALL SESSIONS 6:00 PM − 7:00 PM**
Pack it up
Learn to live a smoke-free life

Tuesday, January 7  Tuesday, January 28  Tuesday, February 4
Tuesday, January 14  Thursday, January 30  Tuesday, February 11
Tuesday, January 21
5:30 PM − 7:00 PM

The Graf Center for Integrative Medicine has tools to help you quit smoking. Our group smoking cessation program will teach you strategies to commit to quitting smoking. The program is led by a licensed clinical social worker who is certified through the American Lung Association Freedom from Smoking Program®.

Plus, experience the benefits of acupuncture. This program will also include guided meditation and acupuncture, a safe and effective tool. Our certified acupuncturist will offer group auricular (ear) acupuncture, which may help to reduce nicotine cravings by stimulating brain receptors.

INSTRUCTOR: Cathy Verhulst, MS, LCSW, OSW-C

FEE: $30 per session or $110 paid upfront ($100 savings); preregistration required; no refunds
Acupuncture involves the use of very fine needles placed at strategic points on your body. The Graf Center for Integrative Medicine offers private acupuncture sessions for a number of health issues and concerns, including chemotherapy-related or surgery-related nausea and vomiting; headaches and migraines; pain; menopause symptoms; anxiety, fatigue, depression, and sleep disturbances; reducing nicotine cravings; immune system support and seasonal allergies; and control of appetite and cravings to support weight loss goals.
SERVICES BY APPOINTMENT

**Acupuncture to Support Weight Loss**

The Graf Center for Integrative Medicine has tools to help support your weight loss goals. Acupuncture can help with appetite and cravings and, in combination with nutritional counseling with our registered dietitians and holistic nutritionists, can help you develop a holistic weight loss plan.

**FEE:** $40 for 1 session per week (30 minutes); $70 for 2 sessions per week (30 minutes). See Service Price List for package rates.

**Acupuncture to Quit Smoking**

Acupuncture can help reduce nicotine cravings by stimulating receptors. To help support your goals to quit smoking, our certified acupuncturist will offer auricular (ear) acupuncture in a private room. Your custom-designed program can also include guided meditation.

**FEE:** $40 for 1 session per week (30 minutes); $70 for 2 sessions per week (30 minutes). See Service Price List for package rates.

**Acupuncture for Chronic Pain**

Acupuncture may be an effective treatment for reducing chronic pain since it produces biological responses that are both anti-inflammatory and analgesic. Acupuncture is a holistic tool that can relieve knee, back, neck, and head pain without medication, and act as a complementary therapy to medical treatment.

**FEE:** $90 for initial consultation; $75 for each follow-up session $375 for chronic pain package. Includes one consult and four follow-up sessions.

**Seasonal Acupuncture**

**Wednesday, December 18 − Friday, December 20**  
**Tuesday, March 17 − Friday, March 20**

Appointments available 11:00 AM − 6:00 PM

During the change of seasons, many people develop colds or allergies. The body needs energy to shift from season to season with the changes in the environment. If the immune system is already weak, it is easier for a virus to create havoc on your body and you become sick. Seasonal acupuncture targets strategic energy points to boost your immune system and help with the transition from season to season.

**FEE:** $65 for a 45-minute session; appointment required
Massage Therapy and Reiki

Massage therapy can be used with traditional medical treatment for many conditions. We offer Swedish, therapeutic, deep tissue, and neuromuscular massages, as well as Reiki and reflexology. If you are undergoing cancer treatment or have lymphedema, we have special massage techniques to help you with your symptoms. We also offer massages to new and expecting mothers in the safety of their own hospital room.

Massage therapy can:

- Decrease anxiety and stress.
- Reduce muscle and nerve pain, including pain after surgery, and facilitate recovery.
- Help relieve headaches and insomnia.
- Reduce edema, pain, and heaviness associated with lymphedema.
- Improve circulation.
SERVICES BY APPOINTMENT

Manual Lymphatic Drainage Massage

If you have lymphedema, you may benefit from manual lymphatic drainage massage. This type of massage therapy drains tissue to reduce swelling, bruising, and discomfort after surgery and supports recovery. It can also be used before surgery to prepare tissue for surgery, stimulate the immune system, and reduce anxiety. The certified therapist uses a precise technique that is specific to your surgery and your needs.

**FEE:** 25-minute session: $50; 50-minute session: $85 each or $400 for five. (Please allow additional 5 minutes for consult/dressing with a 25-minute massage; additional 10 minutes for consult/dressing with a 50-minute massage. If additional time is needed, please discuss when booking.)

Reiki and Reflexology

Reiki is a complementary therapy to reduce stress, anxiety, pain, and fatigue through a gentle laying of the hands. A Reiki practitioner uses a gentle touch on various parts of the body to generate heat energy. The therapy is very relaxing and restorative. It can also be used for injuries and prior to surgery. Reflexology is a practice in which different amounts of pressure are applied to specific points on the feet or hands.

**FEE:** 30-minute session: $45. See Service Price List for more options.

TMJ Massage

Suffering from TMJ? Temporomandibular joint (TMJ) disorder is a result of an inflamed and painful chewing muscle around the jaw. A TMJ massage can act as an effective, non-medical approach to offer some relief to chronic pain. By massaging the specific muscles surrounding the temporomandibular joint, which connects your jaw to the side of your skull, a TMJ patient may be able to lessen their pain and ease their symptoms. This may reduce joint clicking, soothe pain, and increase mouth-opening.

**FEE:** $50 for 25-minute session or $90 for 50-minute session combined with a therapeutic massage.

*Please allow additional 5 minutes for consult/dressing with a 25-minute massage; additional 10 minutes for consult/dressing with a 50-minute massage. If additional time is needed, please discuss when booking.*
SERVICES BY APPOINTMENT

AromaTouch Massage

AromaTouch is a clinical approach to applying essential oils during a massage. Dr. David Hill, a leading expert in integrative medicine, developed the technique. It uses eight specific essential oils and blends to promote relaxation, stress relief, offer immune support, decrease pain and inflammation, and elevate mood. Essential oils are applied along energy lines and reflexology points, stimulating homeostasis and balancing the body.

FEE: $165 plus tax for 80-minute session (please allow additional 10 minutes for consult/dressing)

CLASSES AND EVENTS

Reiki Level 1 Certification Class

Thursday, February 13  
6:00 PM – 8:30 PM

Monday, March 2  
1:00 PM – 3:30 PM

Choose one session.

This class is an introduction to Reiki to treat yourself. Learn Reiki hand positions and receive a personal attunement to open the crown and palm chakras. Certification for Level 1 Reiki.

FEE AND REGISTRATION: $200. Call 201-482-8288 to register. No refunds.

INSTRUCTOR: Karen Lazarovic, Reiki Master
MEDITATION, YOGA, AND BODY MOVEMENT

Meditation, Yoga and Body Movement

We offer a number of meditation classes and stress management workshops, including a Mind-Body Stress Reduction series, weekly meditation classes, and other programs, all part of our Rodgers Family Meditation Program. In addition, we offer yoga for all levels. Yoga at the Graf Center uses gentle poses, breathing, and imagery, and incorporates meditation. Many of our yoga and body movement classes are designed for people facing certain health issues, and we take special care in ensuring your safety and comfort.
SERVICES BY APPOINTMENT

Individual Private Stretching Sessions

Flexibility is necessary for proper muscle balance and posture and decreases the likelihood of a future injury. Sessions are developed to assess muscle function, improve range of motion, and increase strength and flexibility. Initial 60-minute session includes a review of goals, muscle function and flexibility assessment, guided self-stretch warm-up, full body passive stretching, and comprehensive guideline packet. Follow-up sessions can include stretching only or combined with massage techniques.

INSTRUCTOR: Katie Reiss-Tolliver, MS, C-EP, Exercise Physiologist and Board-certified Massage Therapist

FEE: $100 for initial session; $45 for 30-minute or $60 for 45-minute follow-up session; prepayment and preregistration required

Pre/Post-Surgery Meditation
Part of The Rodgers Family Meditation Program

To heal your body, it helps to exercise your mind. Come prepare for your surgery and gain tools to relieve stress and anxiety and promote healing. Research shows that practicing meditation and guided imagery can reduce the nervous system response to stress and accelerates healing from surgery.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE: 60-minute session: $85 each or $800 for 10 sessions

Movement for Lymphedema

Learn gentle movements to help reduce swelling and improve range of motion, flexibility, lymph flow and balance. Mats available, or practice in a chair.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor

FEE: 60-minute session: $85 each or $800 for 10 sessions

REGISTRATION: To register for our classes and special events, or to book an appointment, call us at 201-608-2377, email grafcenter@ehmchealth.org, or visit englewoodhealth.org/graf.
MEDITATION, YOGA, AND BODY MOVEMENT

SERVICES BY APPOINTMENT (continued)

Private Fitness Training Sessions

Gain greater core strength, cardiovascular fitness, balance, or flexibility during a private training session with a certified exercise physiologist. An initial assessment consists of a review of goals, baseline assessment(s) if desired, and a customized program. Comprehensive training packets are provided. Details as to what each type of training entails are available upon request.

**INSTRUCTOR:** Katie Reiss Tolliver, MS, EP-C, BCTMB, Exercise Physiology & Myotherapy

**FEE:** 50-minute session: $85 each session.

WEEKLY CLASSES

Yoga for Women with Breast Cancer

**Mondays**

10:00 AM – 11:00 AM

Therapeutic yoga, breath work, and meditation. Made possible with the support of, and taught by, Kula For Karma, a nonprofit organization whose mission is to offer yoga to those who have been challenged by difficult circumstances.

**FEE:** Free; preregistration and physician clearance required

Gentle Chair Yoga for Cardiovascular and Pulmonary Rehab

**Mondays**

11:30 AM – 12:30 PM

For patients recovering from a heart attack, angioplasty, heart surgery, heart or lung transplant, and patients with chronic obstructive pulmonary disease, angina, and other related conditions. Participants will use a chair for seated poses and as a prop for standing poses. Made possible with the support of, and taught by, Kula For Karma, a nonprofit organization whose mission is to offer yoga to those who have been challenged by difficult circumstances.

**FEE:** Free; preregistration required

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. *Free valet parking.*
MEDITATION, YOGA, AND BODY MOVEMENT

WEEKLY CLASSES (continued)

Meditation for Stress, Anxiety, and Depression
Part of The Rodgers Family Meditation Program

Mondays
5:30 PM – 6:30 PM
Learn simple meditation techniques to help relax the body, center your mind, and build resistance to stress. With simple tools and strategies for making meditation part of your daily routine, you can transform how you handle stress, anxiety, and depression. Meditation can boost your mood and empower you to handle all of life’s stressors. Open to beginners.

INSTRUCTOR: Mary Ann Fernandez, CYI, Breast Cancer Survivor
FEE: $10; prepayment and preregistration required

Meditation and Gentle Yoga for Stress and Pain Management
Part of The Rodgers Family Meditation Program

Wednesdays
11:15 AM – 12:15 PM
Learn to meditate mindfully, using breathing techniques and easy movement. Meditation can reduce stress, lower blood pressure, assist with pain management, and reduce the risk of stress-related diseases. Mats or chairs provided. All levels welcome.

INSTRUCTOR: Jeri G. Kadison, Certified Yoga and Meditation Instructor
FEE: $10 per session; prepayment and preregistration required

Gentle Yoga

Wednesdays
5:30 PM – 6:30 PM
Yoga for all levels to unite the body, mind, and spirit through gentle poses, breathing and imagery. Come practice and learn how yoga can help you relax, refocus and reconnect.

INSTRUCTOR: Linda Davida, Certified Yoga Alliance and Meditation Instructor
FEE: $10; preregistration and prepayment required

REGISTRATION: To register for our classes and special events, or to book an appointment, call us at 201-608-2377, email grafcenter@ehmchealth.org, or visit englewoodhealth.org/graf.
MEDITATION, YOGA, AND BODY MOVEMENT

CLASSES AND EVENTS

**Tapping Workshop**
Part of The Rodgers Family Meditation Program

**Thursday, January 16**
**6:00 PM – 7:00 PM**
Discover the benefits of tapping combined with chakra meditation. Tapping, also known as Emotional Freedom Techniques (EFT), is a powerful holistic healing technique used to assist a range of issues including stress, anxiety, phobias, emotional disorders, chronic pain, addiction, and weight control. Tapping stimulates the body’s various meridians and points.

**INSTRUCTOR:** Jeri G. Kadison, Certified Yoga and Meditation Instructor

**FEE:** $10 per person or $15 for two people; preregistration and prepayment required

**Mindfulness Workshop for Heart Health**
Part of The Rodgers Family Meditation Program

**Tuesday, February 25**
**Thursday, February 27**
**12:00 PM – 1:00 PM**
**6:00 PM – 7:00 PM**
Mindfulness is heart healthy. Learn essential tools, tips, and meditation techniques for building a healthy body, mind, and heart. Find out how to ease stress and stop seeing red! Eliminate worry and anxiety through guided meditation and movement.

**INSTRUCTOR:** Jeri G. Kadison, Certified Yoga and Meditation

**FEE:** $10 per workshop; preregistration and prepayment required

**Vital Movement**
Gentle Movement and Stretching for Bariatric Patients

**Tuesday, January 7**
**Tuesday, February 4**
**Tuesday, March 3**
**6:00 PM – 7:00 PM**
(Class is held immediately following the preoperative bariatric class.)

Anyone considering weight-loss surgery or who has had such surgery is invited to join us for a free gentle movement and stretching class. Participants will learn gentle movements while standing as well as seated. The class will help support a healthier recovery and a healthy lifestyle.

**INSTRUCTOR:** Linda Davida, CYT

**FEE:** Free, preregistration required.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. Free valet parking.
Gentle Movement and Meditation
Part of The Rodgers Family Meditation Program

Series 1: Tuesdays, January 7, 14, 21, and 28
Series 2: Tuesdays, February 4, 11, 18, and 25
Series 3: Tuesdays, March 3, 10, 17, and 24
5:30 PM – 6:15 PM
During this four-week program, you will learn how to establish a personal meditation practice, balancing mind and body. Class developed for all levels—beginners welcome.

INSTRUCTOR: Jennifer Graf, LCSW, Certified in Mind Body Medicine and Positive Psychology, Yoga Instructor, and Reiki Master

FEE: $12 each session or $40 for a four-week series; preregistration preferred
MEDITATION, YOGA, AND BODY MOVEMENT

CLASSES AND EVENTS (continued)

Mindful Meditation for Wellness
Part of The Rodgers Family Meditation Program

Tuesday, January 7
Tuesday, February 4
Tuesday, March 3
Tuesday, April 7
10:30 AM – 12:30 PM

Learn mindful tools to assist with sleep, blood pressure, chronic pain, stress, and anxiety. All levels welcome and no specific attire required.

INSTRUCTOR: A Graf Center certified meditation and yoga instructor

FEE: Free, preregistration required

LOCATION: Arbor Terrace, 600 Frank W. Burr Blvd, Teaneck

Bite-sized Mindfulness and Meditation for the Classroom
Part of The Rodgers Family Meditation Program

Thursday, February 27
Thursday, March 5
Thursday, March 12
5:15 PM – 6:15 PM

Are you looking to bring mindfulness and meditation into your classroom in fun and engaging ways? Simple, kid-friendly practices can help your students manage their behaviors and emotions. Join this uplifting class to connect with other educators and develop and/or strengthen a mindfulness practice for yourself and your students. Transform your ability to teach and your students’ ability to learn.

INSTRUCTOR: Stefanie Dunnigan, M.S. Ed., Fifth Grade Teacher

FEE: $20 per class. Preregistration is required. Please indicate which grade level(s) you teach when you register. Each week’s class will focus on different material, but are not prerequisites for the next class. Participants can attend individual classes or the three-class series. Please bring a journal.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. Free valet parking.
Create Your Own Mala Beads for Meditation
Part of The Rodgers Family Meditation Program

Thursday, February 6
6:00 PM – 8:00 PM
A mala is a strand of 108 beads plus a “guru” bead used for meditation. As a meditation tool, mala beads can help you stay focused on your intentions by using each bead as an opportunity. At the workshop, participants will be given supplies, guidance, and instructions to design a personal mala and will be guided through a mala meditation. Come experience this class with your special someone as a Valentine’s Day treat!

INSTRUCTOR: Jacquelyn Rose, Yoga/Meditation Instructor

FEE: $40 in advance or $50 at the door

Sound Healing Meditation
Part of The Rodgers Family Meditation Program

Friday, January 17
Friday, February 7
Friday, March 20
11:00 AM – 12:00 PM
This workshop consists of short breathing exercises to ease the mind and body, moving to a deep meditation through singing bowls, therapeutic sound that opens serene states of relaxation and mediation. Lastly, a sound bath, stretched out on yoga mats or chair, using a variety of sound tools that will help release and relax more deeply and restore balance and well-being. Many different sound options could be experienced during a class; metal and crystal bowls, drums, rattles and shakers, drones and chimes, tuning forks and crystals. Perfect class to revitalize energy to focus.

INSTRUCTOR: Issa Urra, Sound Healing

FEE: $10
Transforming Your Classroom, and Your Life, in Three Steps
Part of The Rodgers Family Meditation Program

Thursday, March 19, 26
5:15 PM – 6:15 PM

A program designed for schoolteachers. Imagine being the best version of you, even when life is hard. Learn to embrace and navigate challenges by practicing gratitude, mindfulness and meditation. It’s all about perspective. Change your lens, change your mind. Better yet, change your lens, master your mind. Join me on this journey of inner transformation and show up in your life and classroom in a new way. Each week’s class will focus on different material, but are not prerequisites for the next class. Participants can attend individual classes or the two-class series.

INSTRUCTOR: Stefanie Dunnigan, M.S. Ed., Fifth Grade Teacher

FEE: $20 per class. Prepayment and preregistration is required. Please indicate which grade level(s) you teach when you register.

Shake Your Soul®
Part of The Rodgers Family Meditation Program

Tuesday, January 21
Tuesday, February 11
Tuesday, March 10
6:00 PM – 7:00 PM

Discover the union of the body and spirit that is unique to yoga, but with the flow of dance. This is an exhilarating approach to whole body fitness with simple and easy-to-follow movements. Calm your mind and get energized during our workshop. Suitable for all fitness levels and flexibility. Dress comfortably.

INSTRUCTOR: Odelia Sharigan, Shake Your Soul® and Yoga Instructor

FEE: $10 for one person or $15 for two; prepayment and preregistration required
Mind, Body & Art Series

Sunday, January 12
Sunday, February 9
Sunday, March 22

2:00 PM – 4:00 PM

Connect with your inner self to express creativity while healing through art. Art projects are developed to relax and rejuvenate the mind and body. The art facilitator will guide you through projects with a creative flair. No experience needed; beginners welcome.

January 12: Journaling Through Art. Learn the benefits of creating your own personal journal for self-discovery and mindfulness through art

February 9: Recycling with Art. Create colorful bracelets and napkin rings from recycled plastic household items. Learn to use discarded items to create beauty.

March 22: Celebrating the Arrival of Spring 2020 with Flower Painting. Bloom with flowers with an artistic point of view.

INSTRUCTOR: Claudia Portnoy, RN

FEE: $12 per class or $30 for 3-session series if purchased by January 6. Supplies are included. Prepayment and preregistration required 5 days prior to class date. Limited space. Open to adults only.

LOCATION: Taub Family Education Center, Room 5504, Englewood Health. No valet parking available on weekends.
CLASSES AND EVENTS

Nourish to Flourish through Menopause

Thursdays, March 5, 12, 19, and 26
6:00 PM – 7:00 PM

Learn holistic nutrition and healthy lifestyle practices for thriving through menopause.

This program is designed to educate, encourage, and empower women to shift their mindsets to accepting and embracing the changes that come with menopause. Join us each week to discuss simple self-care solutions for mindfulness and nutrition practices. Learn how to master the habit of nourishing the mind, body, and soul to flourish well beyond midlife and menopause. Symptoms of menopause will ease with an action plan to thrive through your 40s, 50s, and beyond, allowing you to age gracefully!

INSTRUCTOR: Rachel Miller, CHHC, Certified Holistic Health and Integrative Nutrition Counselor

FEE: $150 for all 4 sessions, preregistration and prepayment required by March 4 at 12:00 PM Space is limited.
CLASSES AND EVENTS

New Year, New You Weight Loss Program

Thursdays, January 16, 23, and 30
5:45 PM – 6:45 PM

Join us for a three-week weight loss series taking a look at intermittent fasting and a form of the ketogenic diet as an alternate to traditional weight loss. What’s all the rave about? What are the pros and cons? Use what you learn to develop a weight-loss plan for 2020

First two sessions held at the Graf Center for Integrative Medicine. Final session held at Healthway Natural Foods in Tenafly to examine different keto-diet options while shopping.

INSTRUCTOR: Nina Spiegel, Holistic Nutritionist

FEE: $50 for entire series; preregistration and prepayment required

Elimination Diet Workshop

Tuesday, February 4
6:00 PM – 7:00 PM

Learn which specific foods are healthy for your individual body by experimenting with the elimination diet. Learn how to eliminate certain food groups that are known to cause weight gain, inflammation, skin rashes, and digestive discomfort. We’ll explain why it’s best to avoid these foods and suggest replacement brand names with higher-quality ingredients. We also emphasize how to be mindful of changes you see and feel once you eliminate certain foods.

INSTRUCTOR: Robin DeCicco, Holistic Nutritionist

FEE: $15, preregistration and prepayment required
Pre/Postnatal Massage Therapy

Provided in the privacy of your hospital room, these massages focus on the special needs of the expectant and new mother. Massage helps the body prepare for and cope with the special demands of pregnancy.

**FEE:** $45 plus tax for a 25-minute session in hospital room (please allow additional 5 minutes for dressing/consultation). Also available in the comfort of the Graf Center for Integrative Medicine.

Prenatal Manual Lymphatic Drainage Massage

This type of massage keeps immune system functioning optimally, reduces edema and retention, constipation relief and stretchmark prevention and management. Recommended only in second trimester, after morning sickness has subsided. Doctor clearance necessary. Patient is clothed.

**FEE:** $50 plus tax for a 25-minute session in hospital room (please allow additional 5 minutes for dressing/consultation). Also available in the comfort of the Graf Center for Integrative Medicine.

Postnatal Manual Lymphatic Drainage Massage

Can assist with weight reduction from fluid buildup, faster healing from natural and C-section deliveries, minimize scarring from C-section, increase milk production. Doctor clearance necessary. The touch and moves are very light to encourage movement for quicker healing, recovery and fluid movement. 30-minute sessions. Patient is clothed.

**FEE:** $50 plus tax for a 25-minute session in hospital room (please allow additional 5 minutes for dressing/consultation). Also available in the comfort of the Graf Center for Integrative Medicine.

Pre/Postnatal Nutrition Consultations

Learn about the proper nutrients to support pregnancy, including vitamins and supplements, which foods to avoid, and safe food preparation. Vegetarian, diabetic, and lactating mothers are all welcome.

**FEE:** $45 for a 30-minute session; $80 for 60-minute session

Organic Mother/Baby Gifts  Our boutique sells items specifically for new moms, including Dream Cream, a thick cream to heal and protect dry skin, natural belly oil to improve stretch marks and elasticity, and beautifully designed gift boxes filled with natural products.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. Free valet parking.
Prenatal Yoga

Series 1: Tuesdays, January 7, 14, 21, and 28  
Series 2: Tuesdays, February 4, 11, 18, and 25  
Series 3: Tuesdays, March 3, 10, 17, and 24  
6:30 PM − 7:30 PM  

Designed specifically for pregnant women, our gentle yoga series will teach you safe and effective yoga postures and incorporate breathing exercises and meditation.

Instructor: Arlene Minoyan, CYT  
Fee: $75 for 4-week series, preregistration and prepayment required.
LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. Free valet parking.

CLASSES AND EVENTS

Aromatherapy

Come and learn the benefits of essential oils led by a doTERRA expert. Each month the Graf Center will feature essential oil topics geared toward health and wellness.

Immunity Boost with Essential Oils
Wednesday, January 15
12:30 PM – 2:30 PM

Essential Oils for Mood Support
Wednesday, February 5
12:30 PM – 2:30 PM

Essential Oils for Spring Cleaning
Wednesday, March 12
12:30 PM – 2:30 PM

FEE: Free; preregistration is preferred; walk-ins welcome

Aromatherapy Ambassador Meet and Greet

Holiday Sale
Wednesday, December 18
11:00 AM – 2:00 PM

Valentine’s Day Sale
Wednesday, February 12

Meet and greet with Aromatherapy Ambassador and Certified Aromatherapist Karen Ravensbergen. You’ll explore and learn simple breathing techniques for stress and anxiety with essential oils. Enter to win a raffle from doTERRA, no purchase necessary. And if you’re too busy to gift shop, gift certificates will be available for purchase for the holidays. A wellness gift is the perfect gift for self-care or your special someone.

LOCATION: Drapkin Family Café, Englewood Hospital
Say you care by giving the gift of health and wellness this Valentine’s Day and throughout Heart Health Month. Take advantage of this special offering with a gift certificate for your special someone. Or treat yourself—self-care is important!

**Massage:** The gift of healthy touch, massage therapy soothes your central nervous system, clears toxins, improves muscles function, and increases circulation. Sweetheart Package: $70 for a 50-minute massage with aromatherapy

**Aroma-Touch Massage:** $150 for a 80-minute massage using eight essential oils, applied along energy lines and reflexology points

**Reiki:** Gentle laying of hands. $40 for 30 minutes/$70 for 60 minutes

**Yogini package:** $75 for 10 weekly yoga/meditation classes

**Acupuncture for Heart Health:** Lower blood pressure, decrease heart rate, and calm the mind with acupuncture. $80 for a 1-hour consult; $65 for one 45-minute follow-up.

Please allow additional 5 minutes for consult/dressing with a 25-minute massage; additional 10 minutes for consult/dressing with a 50/80-minute massage. If additional time is needed, please discuss when booking.

**Gift certificates available for purchase February 1 – 14, 2020.** Limited to two discounted services per person. Note: services must be redeemed within 6 months.
PROMOTIONS AND DISCOUNTS

Winter Blues Sale

Are you feeling down in a slump lately? Just getting past the holiday season, with the gloomy weather arriving, it’s easy to fall into the winter blues. The good news? The Graf Center for Integrative Medicine can help relieve the blues with some simple self-care.

Boost Vitamin D: Shorter days and less exposure to sunlight can lead to lower vitamin D. A vitamin D supplement can help with the symptoms. Receive 15% off Vitamin D supplements.

Acupuncture: Acupuncture regulates your body’s energy (Qi) and helps prevent stagnation. Acupuncture naturally stimulates the release of serotonin. A good mood enhancer! Receive 20% off your first consultation or 15% off a follow-up session.

Oil Up: Aromas have a powerful impact on the mind and body. Citrus scents are uplifting and invigorating. Diffusing doTERRA oils, such as citrus bliss, can actually motivate and create cheer. Receive 10% off doTERRA essential oils citrus bliss, wild orange, and citrus blends.

Movement: More studies show that exercise has a significant impact on overall health and mood. Enjoy the Graf Center weekly classes for yoga and meditation.

Weekly Class Package: 10 classes for $75 ($25 savings). Classes sold as a series are not eligible for this discount.

Valid for the month of January 2020 only. One-time offer per person. No other discounts apply.

LOCATION: Unless otherwise noted in the event listing, all programs are held at the Graf Center for Integrative Medicine at Englewood Health. Free valet parking.
A DAY DEVOTED SOLELY TO YOUR HEALTH AND WELL-BEING

Nothing affects the quality of your life more than the quality of your health. All around you, at home and at work, people are depending on you to be at your best – and that requires good health and wellness.

The Braverman Family Executive Wellness Program is designed to provide a comprehensive head-to-toe assessment and wellness evaluation, all in a single visit directed by a dedicated concierge.

From the moment you enter Englewood Hospital, your health is our center of attention. You are the sole focus of select physicians, nurses, therapists, and technicians. Your personalized itinerary of exams, lab tests, and consultations is arranged for the most efficient use of your time.

At the end of the day, you and one of the program’s co-medical directors create an action plan to address any challenges and position you for better health. You leave with the confidence that you’re in command of your total well-being.

IT’S TIME TO PROTECT YOUR MOST IMPORTANT ASSETS

Good health is a win-win proposition. Your six-hour investment in yourself will empower you to make important decisions that can directly impact your future. And people depending on you will have peace of mind knowing that you’re taking good care of yourself.

For more information on The Braverman Family Executive Wellness Program at Englewood Health, call 201-608-2355 or visit englewoodhealth.org/executive.
There is nothing better than a hearty stew when it’s cold outside. Make this chili in bulk and freeze in individual containers for an easy week-night meal that will totally satisfy your comfort food cravings!

**Ingredients**
- 1 tablespoon olive oil
- 1 onion, chopped
- 5 garlic cloves, chopped
- 1 ½ tbsp chili powder
- 1 ½ tbsp smoked paprika
- 1 tbsp ground coriander
- 1 14.5-ounce can fire-roasted tomatoes
- 3 cans black beans,
- 3 chopped up chili peppers (rinse well) or a few tablespoons chili pepper paste (depending on how spicy you like it)
- 1 tsp dried oregano
- 2 tsp kosher salt
- 2 ½ cups sweet potatoes (2-3 small)

Optional toppings: ½ inch cut cheddar cheese cubes, crumbled black bean tortilla chips and fresh cilantro, chopped

**Instruction**
1. Heat the oil in heavy large pot over medium heat.
2. Add the onion and cook until soft and beginning to brown, 6-7 minutes.
3. Add garlic, chili powder, paprika and coriander and stir.
4. Cook together for 1 minute.
5. Stir in the tomatoes with their juices, beans, chili pepper, and oregano.
6. Add 5 cups of water and bring to a boil.
7. Reduce heat to low, cover with lid slightly ajar and simmer until beans are flavorful and tender. After 1½ hours of cooking, add the sweet potatoes, and salt. Place the pot’s lid back on slightly ajar and allow to simmer on low heat until the beans are soft and the sweet potatoes are cooked through.
8. Add more water if the chili becomes too thick. Season to taste with salt and pepper.
9. Serve with cheddar cheese, cilantro, and crumbled black bean tortilla chips.

*Serves 4 – 6*

*Courtesy of Robin DeCicco, Holistic Nutritionist from the Graf Center for Integrative Medicine*
Englewood Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
Para asistencia lingüística gratuita, llamar al 201-894-3368.
무료 통역 서비스를 원하시면 201-894-3368로 문의바랍니다.
Beat the Winter Blues with a special offer!

**20% Off**

a massage or acupuncture service

(VALID FEBRUARY 17 - MARCH 30, 2020)

Plus a chance to win a doTERRA® aromatherapy product.

Voucher number:

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How did you receive the voucher?


Appointments: 201-608-2377