

Nurturing energy therapy

Healing Touch sessions available at Mercy Hospital

Healing Touch, an integrative service, is being offered to community members and employees. Healing Touch is a gentle, energy therapy that supports the body's natural healing process.

Practitioners consciously use their hands in a heart centered and intentional way to enhance, support and facilitate the physical, emotional, mental, and spiritual health.

Benefits of Healing Touch:

- Reduce stress
- Calm anxiety and depression
- Strengthen immune system
- Decrease pain
- Reduce recovery time after surgery
- Deepen spiritual connection
- Ease acute and chronic conditions



10-minute relaxing seated session \$10

60-minute full session

\$60 for initial evaluation/treatment

\$50 for subsequent sessions

Checks and cash are accepted. Gift certificates are available.

Location: Mercy Heart & Vascular Center
Cardiovascular family waiting area room 4

To schedule an appointment or for more information, call the Health Improvement Center at 763-236-8024.



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Allina Hospitals & Clinics