



Dealing with Pain, Sleep problems or Stress?

**Ask our team how we can
increase your comfort....**

Feel calmer before, during and after
procedures and treatments with a free
relaxation CD and guided workshop

Peggy Huddleston's
**Prepare for Surgery
Heal Faster™ Program**

**Department
of Integrative
Health Programs**

Department of Integrative Health Programs

We help patients and caregivers at NYU Langone Medical Center manage anxiety, stress and pain with mind-body techniques.

The MindBody Patient Bedside Program provides clinical holistic care at the bedside for pain, anxiety, stress, insomnia and other symptoms. That is care that addresses the whole person--body, mind and spirit.

We offer:

- Therapeutic Touch
- Guided Imagery
- Meditation
- Reflexology
- Relaxation Breathing Techniques
- REIKI
- Hypnosis
- M- Technique

To find out more about our programs please call us at **212-263-5767**, email us at **MindBody@nyumc.org**, or visit us online at **integrativehealth.med.nyu.edu**

Through the generosity of the New Tamarind Foundation these programs are available free of charge to patients and caregivers.

