

Integrative Health & Medicine Services

We provide the following in-person & telemedicine services:

- Physician consultation
- Non-pharmacologic pain management
- Health Psychology
- Nutrition
- Nurse Health Coaching
- HeartMath
- Biofeedback
- Nurse Practitioner consultation
- Non-pharmacologic stress management
- Strategies to improve sleep
- Acupuncture
- Acupressure
- Guided Imagery
- Reiki/Healing Touch

Wellness Wednesday Webinars

Every Wednesday 4PM-5PM a new Integrative Health & Medicine topic will be presented in a live virtual session.

To join the meeting on a computer or mobile phone:

<https://bluejeans.com/5519965634?src=calendarLink>

Mobile One-Touch: 1-866-226-4650

Enter: 5519965634 # #

Just want to dial in on your phone?

1) 1-888-240-2560

(US - Toll Free)

2) Enter Meeting ID: 5519965634

3) Press #

ONLINE ON DEMAND RESOURCES

- Dr. Russo Gratitude: <https://youtu.be/KAydXHdc9iw>
- Dr. Russo Purpose: <https://youtu.be/c-d1HrdcQeM>
- Dr. Russo Meditation: <https://bit.ly/2VUWHyx>
- Meditation audio series: [On-Demand Guided Meditation](#)
- 24/7 Self-Care Skills Videos available at: <http://sohl.training/courses-grid/>
- C.A.R.E. Channel guided imagery in English and Spanish <https://hmh.carechannel.net>
- Kelly Venditto Energy Hug Meditation: <https://youtu.be/YVQuGkesSnE>
- Justyn Comer Meditation 4-part series :
<https://www.youtube.com/playlist?list=PLV6QUIdm9NEfOfR6fKOBG5pIDsdj91QtP>

To learn more about Integrative Health & Medicine at HMM, please call 732-263-7999