

YOUR PATH TO WELLNESS

Through a combination of traditional and complementary therapies, the Bristol Hospital Wellness Center offers an array of programs and services that are designed to enhance your emotional and physical well being,

MEDICAL SERVICES

Diabetes Education

Our team of certified diabetes educators teaches you skills to prevent diabetes-related complications so that you can “live well” with diabetes.

Lymphedema Therapy

Lymphedema (abnormal swelling) can occur anywhere in the body as a result of damage to the lymph nodes. There is no cure for this condition, but our certified physical therapist can effectively treat lymphedema with manual lymph drainage, compression bandaging, compression garments, exercises and education.

Nutrition Counseling

Before and after surgery, our registered dietitian can guide you through the steps you need to take to make sure that you are receiving the proper nutrients and that you are eating the foods that will allow you to lose weight safely and successfully.

Physical and Occupational Therapy

Physical and/or occupational therapy can help you gain a sense of control over your life. Treatment services can improve balance, endurance, strength, flexibility, functional independence and quality of life.

Wound Care

Chronic wounds require unique medical care. Our specialized wound care program provides comprehensive assessment, up-to-date treatment plans, prevention strategies and self-care education.



**Bristol Hospital
Wellness Center**

842 Clark Avenue • Bristol, CT • 06010

COMPLEMENTARY SERVICES

Chair Yoga

Yoga helps you to regain strength and mobility after surgery. Your achy joints will be lubricated, your tensions released and your posture improved. All postures, breath work and meditation are performed while seated.

Exercise

Exercise is important for everyone. Our pre-surgery program will help your body get ready for your procedure and our post-surgery program will help you get in shape and take the weight off. Please check with your physician before beginning the program.

Journaling

Writing in a journal can ground you emotionally, reduce stress and get you through hard times. We will teach you how to keep a journal, how to find time to write in one and how a journal can help bring deep, emotional satisfaction to your life.

Reflexology

A reflexology session consists of gentle stimulation to the reflexes in the feet that correspond to the body's organs and systems. The deep relaxing feeling of the treatment allows you to let go of your anxieties and worries and helps you put all your energy into healing and becoming well.

Reiki

Reiki is a form of energy work that produces a feeling of restored peace of mind through its balancing and harmonizing effects. It gently calms the mind and emotions and provides a positive environment for healing.

Tai Chi for Health

Tai Chi helps to improve overall fitness, balance, coordination and agility. It can also help to reduce the chance of fall related injuries, lower blood pressure, improve concentration, aid in relaxation, and release stress and tension.

HOW TO REACH US

For more information about the services and programs at the Bristol Hospital Wellness Center, please call 860-314-2798.