

OUR TEAM



Libby Brown, PsyD
Licensed Clinical
Psychologist



**Elizabeth Johnson, RN,
APRN, PMH-C**
Advanced Practice Provider



Lisa Seif, LCSW, LCAC
Licensed Clinical
Social Worker



**Karen Stenstrom,
LSCW, PMH-C**
Licensed Clinical
Social Worker



Jonetta Sharum, LMT, CMT
Licensed Massage Therapist



**The Women's
Hospital**
CENTER FOR HEALING ARTS
AND WELLNESS SERVICES

Deaconess

M A S S A G E

SERVICES AND PRICING

Holistic services designed with your healing in mind.

SERVICE	FEE
30 Minute Massage	\$40
30 Minute Massage Pkg. of 6 (save \$5 per visit)	\$210
30 Minute Massage Pkg. of 12 (save \$10 per visit)	\$360
60 Minute Massage	\$70
60 Minute Massage Pkg. of 6 (save \$5 per visit)	\$390
60 Minute Massage Pkg. of 12 (save \$10 per visit)	\$720
90 Minute Massage	\$100
90 Minute Massage Pkg. of 6 (save \$5 per visit)	\$570
90 Minute Massage Pkg. of 12 (save \$10 per visit)	\$1,080
Aromatherapy Massage	Add \$10 to cost

PACKAGES EXPIRE ONE YEAR FROM DATE OF PURCHASE.

For a detailed description of each service
visit deaconess.com/cha or call **812-842-4328**.

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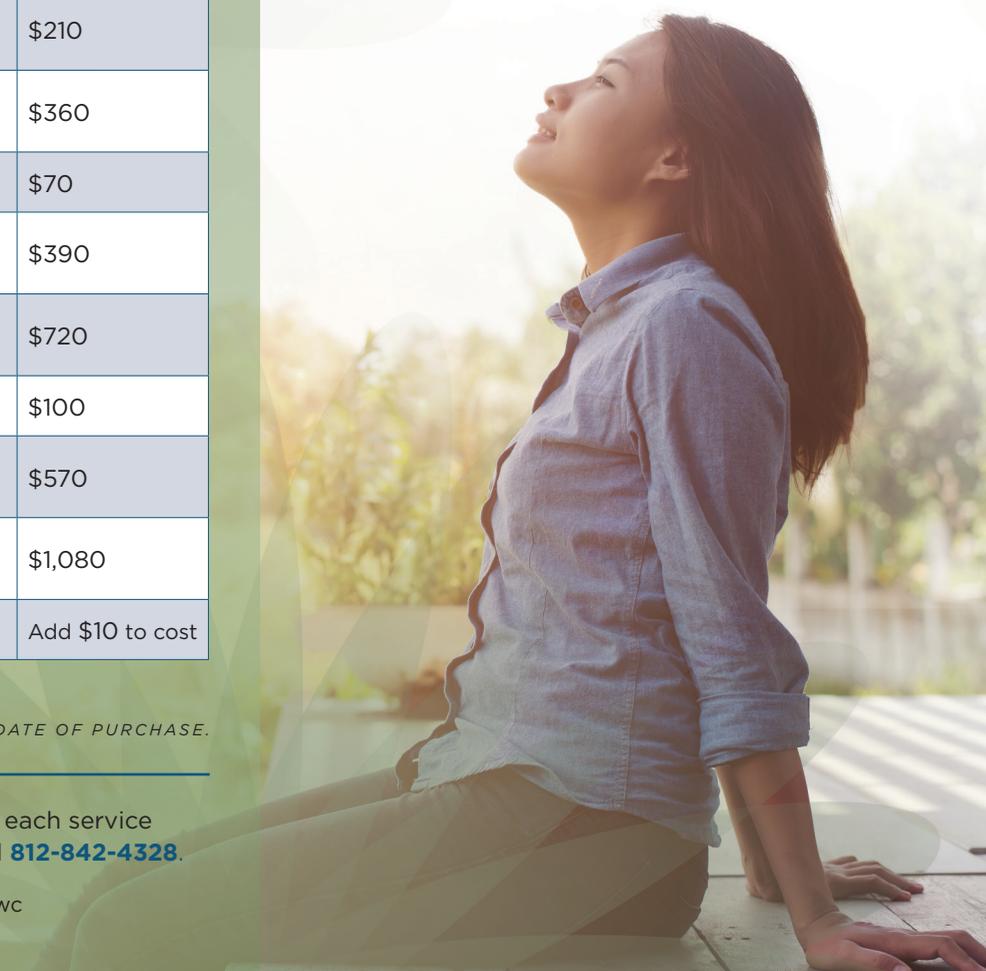


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BODY | MIND | SPIRIT





healing body, mind, and spirit

MASSAGE

Massage is a widely accepted form of therapy utilized to provide relief from a multitude of issues ranging from stress to muscle imbalances. Massage therapy is performed by a highly trained individual who works to manipulate soft tissues utilizing various techniques. These techniques can range from light, long strokes designed to soothe and relax, to a more vigorous and firmer touch often found in therapeutic settings. Massage therapy leads to improved mental and physical health.

deaconess.com/cha

Benefits of massage include:

- Decreased anxiety
- Reduced fatigue
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Increased circulation
- Relieved muscle tension

Massage has also been shown to help patients with arthritis, high blood pressure, fertility issues and pregnancy discomfort. Clients should always consult with their therapist as to the type of massage they should receive, especially if they have any medical conditions present.

WELLNESS SERVICES— Counseling and Medication Management

Whether you're looking for guidance in leading a more balanced life, improving your relationships or overcoming a life changing event, our team can help you on your journey.

Specific situations that may be impacting your life can be lifelong or specific to a time period.

Examples may include:

- Infertility
- Perinatal or postpartum depression
- Bereavement or grief
- Relationship problems

MEDICATION MANAGEMENT

During a medication consultation, the provider will evaluate your current situation and history to determine if medication would be helpful and make recommendations for the appropriate type of treatment. One tool used is GeneSight testing. The GeneSight test analyzes clinically important genetic variations in your DNA. Your results can inform your providers how you respond to medications. *Referral required for medication management.*

If you would like to make an appointment, call 812-842-4020 or visit our website at deaconess.com/cha.

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