

# Overview of Healing Services



## The Power of Whole Healing

At MarinHealth, we embrace conventional medicine for the treatment of chronic and acute conditions. We also recognize that providing for the complex needs of the whole person often goes beyond traditional medicine. That's why we take a holistic approach that focuses on the whole person, weaving integrative therapies into the patient's overall healing plan and making them an empowered partner in their health and wellness.

Our Integrative Wellness Services focus on prevention and wellness, activation of the body's innate healing powers, augmentation of conventional medicine during illness and injury, and development of self-care skills. Services are available to patients and community members looking to optimize their health and total sense of well-being.

## Inpatient Services

Inpatient healing services are available free of charge to hospitalized patients and their families.

- Nutrition Counseling
- Psychosocial Counseling
- Spiritual Care Services
- Therapeutic Massage

## Outpatient Services

These outpatient healing services are available at our Integrative Wellness Center for low or no cost to anyone looking to improve their health and wellness, including patients discharged from MarinHealth Medical Center as well as members of the community.

- Acupuncture
- Jin Shin Jyutsu®
- Mindfulness Meditation and Guided Relaxation
- Nutrition Counseling
- Patient Navigation
- Psychosocial Counseling
- Support Groups
- Therapeutic Massage
- Weight Management
- Wellness Classes including Qigong

Visit us online at [MyMarinHealth.org/wellness](https://www.marinhealth.org/wellness) for more information.