

**PAULA J. WARREN,
RN, BSN**

Paula is spearheading this exciting program. She graduated from the University of Michigan and worked as a critical care nurse for 25 years. During that time, she discovered that there was more to the healing process than traditional/ conventional medicine could offer for debilitating or chronic illnesses.



Paula graduated from Lansing Community College with a Certificate in Massage. She also has a certificate in clinical Aromatherapy, Reiki Level 1, and Hand Reflexology. Please feel free to ask her questions.

Phone: 517.364.6801

.....coming soon—

*** Reiki, and ** Guided*

Imagery/ Affirmations/ Visualizations

..continue the

To:



1210 West Saginaw Avenue
St. Lawrence Campus
Building 1 West, 3rd Floor
Lansing MI 48915

**INTEGRATIVE
THERAPY PROGRAM**



Here at Sparrow Specialty Hospital [SSH] we understand how an illness

and hospitalization can cause stress and anxiety for you and your family.

Sometimes stress can interfere with the body's natural healing abilities. Our Integrative Therapy Program can help reduce your stress and empower you to be an active partner in the healing process.

Our wish for you is to feel well.

Our goal is to integrate healing philosophies and therapies into your Plan of Care—with your permission and that of your physician.

Integrative therapies emphasizes the “whole person” view of health and healing; and, in practice, blends conventional, alternative and complimentary therapies.

This Program is designed to make your stay at SSH as pleasant as possible, while enhancing your healing process.

INTEGRATIVE THERAPIES PROGRAM

MASSAGE THERAPY is an ancient healing touch technique for manipulating the soft tissues of the body to achieve therapeutic benefits.



THERAPEUTIC MUSIC INTERVENTION harnesses the connection between music and mood.

Scientific data shows that music possesses sedative in addition to nurturing effects on patients exposed to the typical anxieties related to being in a hospital setting.



..continue the



Integrative medicine

- Blends the best of conventional medicine with the best healing therapies.
- Values relationship centered care.
- Emphasizes a partnership between the patient and caregiver.
- Involves seeing the whole patient and his or her individual needs.
- Focuses on healing as much as curing.
- Emphasizes patient empowerment and self-responsibility.
- Advocates prevention of illness through education and coaching.

AROMATHERAPY is a natural therapy of scent that utilizes essential oils distilled from plants, flowers, herbs, leaves and trees to promote health and well being.



PET THERAPY—The enjoyment of animals as companions dates back many centuries. There is evidence that petting an animal can release endorphins which are chemicals in the body that suppresses the pain response.

Let us introduce you to two of our trained Therapy dogs — Buddy, a cuddly black and tan King Charles Spaniel, who visits patients weekdays

and Gypsy Rose, our very sweet and



friendly German Shepherd, who visits on weekends. They would love to meet you, and so would our other therapy dogs!

The Art of Healing
BECAUSE EVERY LIFE IS A MASTERPIECE

SPARROW
SPECIALTY HOSPITAL

1210 West Saginaw Avenue
St. Lawrence Campus
Building 1 West, 3rd Floor
Lansing MI 48915