

Therapeutic Touch® For Those Coping with Huntington Disease

Benefits

Reduces body movements

Reduces stress and anxiety

Improves sleep

Fosters a sense of well-being and peace



Therapeutic Touch brings me peace. It makes me feel very relaxed. I often go to sleep during the TT and my body movements stop for a while.

Sheryl Mossman – resident with HD in a long term care facility – used with permission.

NOTE: These benefits are as described by Huntington clients. They vary from person to person.



TherapeuticTouch
Network of Ontario

www.therapeutictouchontario.org