



Cancer CAREpoint

Mind-Body Skills Series with Dr. Cynthia McDonald

Dr. Cynthia McDonald presents a 4-part series of mind-body skills classes for cancer survivors. Please plan to attend all four classes.

August 2 - Part 1: Using Imagery for Better Sleep

Improve the quality and quantity of restorative sleep.

August 9 - Part 2: Using EFT (Tapping) to Manage Fear and Anxiety

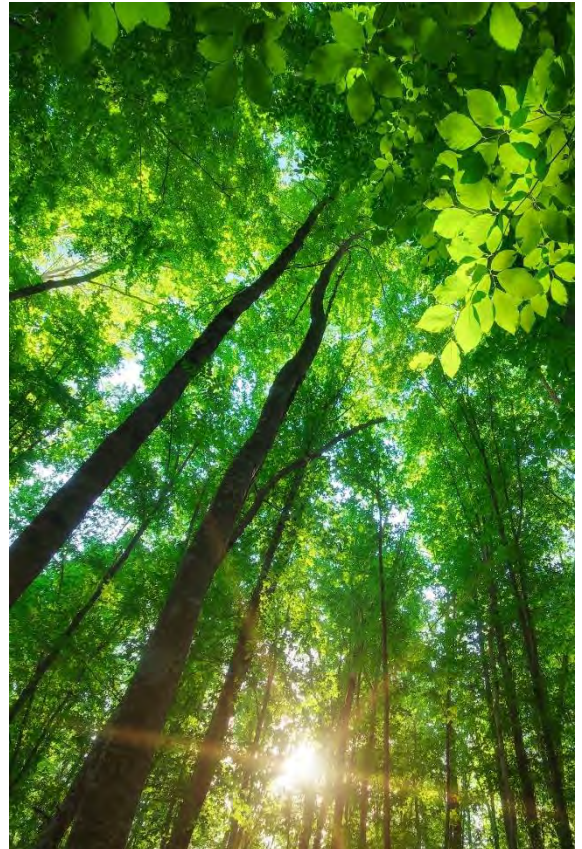
Gently tapping energy meridians can help you manage anxiety.

August 16 - Part 3: Self-Reiki for Peace and Healing

The universal life force of Reiki can be used to heal and calm your mind and body.

August 23 - Part 4: Self-Hypnosis for Rapid Release of Tension and Anxiety

Using self-hypnosis for reduction of tension and anxiety.



Time: 6:00 – 8:00 pm

Location: Cancer CAREpoint Resource Center

2505 Samaritan Drive, Building 400, Suite 402

San Jose, CA 95124

Space is limited and advanced registration is required.
Please register by contacting Denise Garlick at: (669) 222-1535 or
denise@cancercarepoint.org.

www.cancercarepoint.org