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 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