

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.

March 7, 2019 - Part 1: *Using Imagery for Better Sleep*

Improve the quality and quantity of restorative sleep.

March 14, 2019 - Part 2: *Using EFT (Tapping) to Manage Fear and Anxiety*

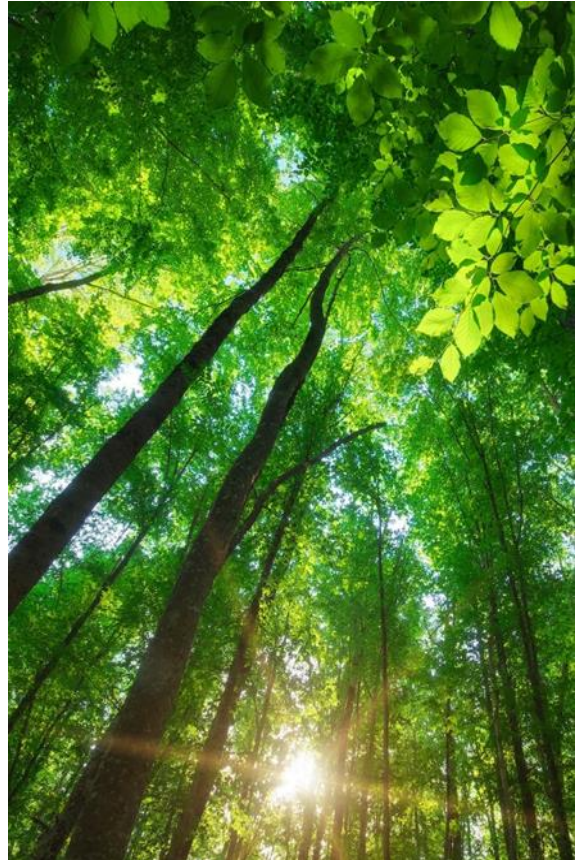
Gently tapping energy meridians can help you manage anxiety.

March 21, 2019 - 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.

March 28, 2019 - Part 4: *Self-Hypnosis for Rapid Release of Tension and Anxiety*

Using self-hypnosis for reduction of tension and anxiety.



Time: 2:00pm-4:00pm

Location: Cancer CAREpoint Resource Center
2505 Samaritan Dr., Building 400, Suite 402, San Jose 95124

Space is limited and advanced registration is required. Please register by calling Cancer CAREpoint at: 408.402.6611 or email Info@cancercarepoint.org.