

Auricular Acupuncture

Appointments with Heidi Lee, L.Ac, DiplAc., MSTCM

The ancient healing system of acupuncture is a popular treatment for common health complaints including anxiety, pain, insomnia and more. The ear has over 200 acupuncture points on it! Auricular acupuncture is commonly used for group settings; and the participants find it to be effective and relaxing. Join in to enjoy the group feeling, and share the meditative calmness that is commonly achieved. Also, when time allows, sessions will include a brief talk on acupressure and other health topics for self-care from the field of Chinese medicine.

Mondays, July 26 and August 23 • 3:00 p.m.

Mission Hope Cancer Center, Santa Maria

1325 East Church Street, Santa Maria

Limited appointments available. Please call to register at 805.346.3400

Mondays, July 26 and August 23 • 1:00 p.m.

Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue, Arroyo Grande

Limited appointments available.

Please call to register at 805.219.HOPE (4673)

Energy Balancing Therapy

Energy balancing therapy encourages a free and balanced flow of energy, enhancing the body's natural ability to heal itself. A trained facilitator works silently over various energetic points around the body using a light touch to aid in relaxation, ease muscle tension and decrease stress and pain in cancer patients.

Tuesdays, July 27 and August 24

Marian Health & Wellness Center, Santa Maria

1207 East Main Street, Santa Maria

Thursdays, July 8 and August 12

Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue, Arroyo Grande

Reservation for specific time and fitness assessment required; please call 805.219.HOPE (4673) to get started

Capacitar Classes



Wednesdays

July 14 and August 11

3:00 p.m.

Virtual/Zoom Meeting

Capacitar teaches simple practices to help manage stress, boost your immune system, and minimize fear and anxiety. Learn techniques such as acupressure, breath work, tai chi, emotional freedom technique, hand mudras, and much more.

Reservation required; please call 805.219.HOPE (4673)

We are pleased to offer even more programs.

Some programs are being offered virtually while others are onsite at various locations.

Please call with questions or to reserve your spot at either in person or Zoom meetings.

SM: 805.219.HOPE (4673)

AG: 805.474.5300



Like us on Facebook:
Mission Hope Cancer Center