

Restore balance to the mind and body

Auricular Acupuncture

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

Did you know? The ear has over 200 acupuncture points on it!

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

Mission Hope Cancer Center • 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 • 850 Fair Oaks Avenue, Arroyo Grande
Limited appointments available. Please call to register at 805.474.5300



Heidi Lee, L.Ac, DiplAc., MSTCM

Acupuncture has been used to relieve a wide variety of symptoms associated with cancer treatment, including:

- Cancer-related fatigue • Chemotherapy-induced nausea
- Pain • Depression and anxiety • Other treatment side-effects

■ The ancient healing system of acupuncture is a popular treatment for common health complaints including anxiety, pain, insomnia and more. It is often included in complimentary care programs and clinics associated with cancer centers for side-effects and immunity. 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.

Capacitar Classes

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.

JUL 14 & AUG 11; 3:00 PM

 Virtual/Zoom Meeting

Reservation required; call 805.346.3400

Energy Balancing

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.

Marian Health & Wellness Center, SM

JUL 27 & AUG 24

Mission Hope Cancer Center, AG

JUL 8 & AUG 12

Reservation and assessment required; call Deanna Patague at 805.346.3400

JUL 12, 26 & AUG 9, 23
11:00 AM

 Virtual/Zoom Meeting

Please call HCRC at 805.542.6234



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