

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, Oct 25, Nov 1, Dec 6 • 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, Oct 25, Nov 1, Dec 6 • 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.



**Virtual/Zoom Meeting**

OCT 13, NOV 10, DEC 8 • 3:00 PM  
Reservation required; call 805.346.3400

## Circuit Training

Circuit Training is a form of exercise that involves both aerobic and anaerobic exercises done in a circuit, one exercise after another. It targets strength building and muscular endurance. A typical class will consist of 6-10 different exercises done 3 or more times per workout. Typically this type of exercise is performed at a moderate to high intensity. However, this class will modify the intensity level to fit your needs.

**Marian Health & Wellness Center, SM**

OCT 20, 27  
NOV 3, 10, 17  
DEC 1, 8, 15

Reservation and assessment required. Call John Malinowski at 805.346.3413 (Santa Maria) or 805.474.5334 (Arroyo Grande)



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[www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)