

Soothing Self-Care Practices

You are invited to join us to discover activities and techniques that can help to brighten your outlook and cope with the effects of cancer treatment.

Auricular Acupuncture

The ear has over 200 acupuncture points on it! Auricular 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. Many participants enjoy the meditative calmness and find the treatment to be effective and relaxing.

MISSION HOPE CANCER CENTER, SANTA MARIA

Monday, June 27; 3:00 p.m.

Reservation required; please call 805.219.HOPE (4673)

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Monday, June 27; 1:00 p.m.

Reservation required; call 805.474.5334

Energy Balancing

Energy Balancing is the art of working with chi (life force) energy with the intention of encouraging a free and balanced flow of energy, enhancing the body's natural ability to heal itself. Certified practitioners help promote relaxation, decrease stress and pain and enhance well-being to patients.

MISSION HOPE CANCER CENTER, SANTA MARIA

Tuesdays, May 3, 17 & June 7, 21

Reservation required; please call 805.219.HOPE (4673)

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays, May 5, 19 & June 2, 16

Reservation required; call 805.474.5334

Practicing Mindfulness with Capacitar Techniques

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

Wednesdays, May 11 & June 8; 3:00 p.m.

Reservation required; please call 805.219.HOPE (4673)

New class offering:

Spiritual Awareness and Mindfulness

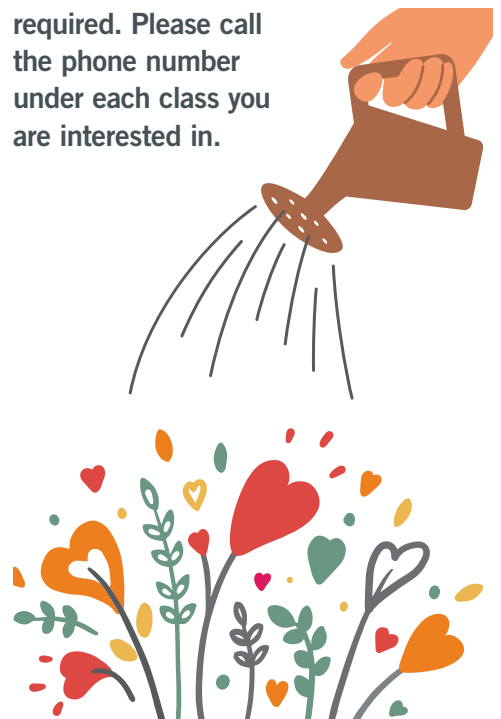
Facilitated by former Dignity Health Chaplain Elizabeth Hillis, this interactive class will help you to discover a personal spirituality and practice mindfulness during troubled times. Designed for cancer survivors and caregivers, join us to learn to trust the reliability of reality starting where you are right now.

MISSION HOPE CANCER CENTER, SANTA MARIA

Fridays, May 20 & June 17; 11:00 a.m.

Reservation required; please call 805.219.HOPE (4673)

■ Reservations are required. Please call the phone number under each class you are interested in.



Keep up with all our classes and programs at both locations at our website:
www.missionhopecancercenter.com



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