



**Cancer
CAREpoint**
COUNSELING • ASSISTANCE • RESOURCES • EDUCATION

Mind-Body Skills Series

Dr. Cynthia McDonald Presents Mind-Body Skills 4-Part Series for Cancer Survivors

Please plan to attend all four classes.

Day & Time: Thursdays, 6:30pm – 8:30pm

Location: Cancer CAREpoint Resource Center

**2505 Samaritan Drive, Building 400,
Suite 402, San Jose, CA 95124**

May 30, 2019 - Part 1

Using Imagery for Better Sleep

Improve the quality and quantity of restorative sleep.

June 6, 2019 - Part 2

Using EFT (Tapping) to Manage Fear and Anxiety

Gently tapping energy meridians can help you manage anxiety.

June 13, 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.

June 20, 2019 - Part 4

Self-Hypnosis for Rapid Release of Tension and Anxiety

Using self-hypnosis for reduction of tension and anxiety.

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

CancerCAREpoint.org