

Beat Cancer thru Drumming



Beat the Odds ® drum circle program for cancer patients to cultivate emotional resilience and mental focus while having fun!

This 5-week program uses various self-care and therapeutic techniques to increase your energy, develop your sense of well-being and to reduce your stress and anxiety. Participants will be engaged in activities that involves the following:

- Breathing Exercises
- Body Movements
- Personalized Affirmation
- Exploring, Expressing and Reflecting on Hidden Emotions and Creativity
- Drumming

Beat the Odds ® drum circle program emphasizes on the process and not performance. No music background needed! Do you want to explore your creativity and feel better at the same time? Then this class for you!

We only have 10 drums and seats are limited! Sign up now!

What's Included? All materials and drums will be provided

Dates: Mondays, 4:15-5:00 pm from March 4 to April 1, 2019

Fee: Free to all our cancer patients

How to Enroll? Call Suzie Kline at 626-807-9168

Program Facilitated by:

Sandi Chiu, LAc, Beat the Odds ® Facilitator

Suzie Kline, NP, PhD, Manager, Integrative Oncology

