

Free Stress Management Sessions Q4

Many people with cancer feel stressed, helpless and isolated. Let us help you make your recovery easier.

Join our group at Huntington Cancer Center to:

- Make the best decisions you can.
- Connect and learn from others on their journey to recovery.
- Learn ways to deal with the stress and fear.
- Sleep and feel better.

When: Thursdays, 6 weeks, 09/5/19 to 10/10/19, 4:45 - 6 p.m.

***Where: Huntington Pavilion, North lobby,
625 South Fair Oaks Avenue, #325, Pasadena***

**To RSVP, please call (626) 484-8396 or for more information, e-mail:
pevannier@gmail.com**

Seating is limited. All sessions are facilitated by Pierre-Etienne Vannier, MSc, under the umbrella of the Huntington Cancer Center Integrative Oncology department. Private sessions available upon request.

"That meditation program gave me tools that made it possible for me to feel like my life is normal again!" -Bill

"It has allowed me to be happier and more forgiving of myself." -Betty



(626) 484-8396

www.huntingtonhospital.org/cancercenter