

Is your body exhausted from dealing with cancer? Bring your body back to life!

Join us for a free group program.

- When: Thursdays, 4:45 - 6 p.m. for 5 weeks: 10/17/19 - 11/14/19.
- Where: Huntington Pavilion, North Lobby, 3rd Floor, Suite 325

Learn to release stress and chronic tension using simple and gentle vibrations in the body (therapeutic tremors).

- The reported benefits of therapeutic tremors include: increased energy and stamina, improved sleep and immunity, greater mobility and better mood.
- This technique is easy to learn and the movements will be tailored to your needs.

RSVP today - limited number of seats available.

For more information and to RSVP, e-mail pevannier@gmail.com. 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.



(626) 484-8396

www.huntingtonhospital.org/cancercenter