

COMPLEMENTARY HEALTH SERIES

Want to learn about the benefits of complementary therapies for individuals undergoing treatment for cancer?

Please join us for the following **FREE** information sessions!



DECEMBER

Coastal office

Thursday, December 9th (6:30-7:30)

Medical Hypnosis with Alena Guest, CHT

JANUARY

Inland office

Wednesday, January 12th (5:00-6:00)

Acupuncture with Anthony Morris, LAc

Coastal office

Wednesday, January 19th (5:00-6:00)

Reiki Massage with Peggy Phillips

FEBRUARY

Inland office

Wednesday, February 9th (5:00-6:00)

Jin Shin Jyutsu with Kate Nachtwey

Coastal office

Wednesday, February 23rd (5:30-6:30)

Nutrition Therapy with Anna Rathbun

MARCH

Coastal office

Wednesday, March 16th (5:30-6:30)

Acupuncture with Bess Donley, LAc

Inland office

Wednesday, March 30th (5:30-6:30)

Hypnotherapy with Doreen Blumenfled

APRIL

Inland office

Wednesday, April 6th (5:00-6:00)

Colon Hydrotherapy with Casey Eldredge



All sessions will be held at the CRCMC offices.

Coastal: 45040 Calpella St., Mendocino

Inland: 590 S. Dora St., Ukiah

For more information, please contact the Cancer Resources Centers of Mendocino County at 937-3833 (coastal) or 467-3828 (inland).