

## HEALING IMAGERY GROUPS FOR CANCER PATIENTS AND THEIR LOVED ONES

Come take a break by taking a mini-vacation through your imagination and relax. Use your body's natural resources to renew your energy, lessen discomfort, sleep better, and promote healing. If you or someone you love is undergoing cancer treatment, you are invited to a **free** Healing Imagery session at **Breast Cancer Connections** or the **Palo Alto Medical Foundation** (see rotating calendar below). Led by Mary Horngren, Medical Hypnotherapist, these evenings are designed for people undergoing cancer treatment, cancer survivors, and their loved ones.

Each imagery session focuses on you and your healing. Using guided imagery, you will be gently transported to a very relaxed state through pictures using all of your senses: taste, touch, sight, smell and sound. When you reach this state of stillness, you can access your subconscious mind to foster healing, positivity and transformation of body, mind, and spirit.

Please join us! Just drop in a little before the start times listed below. Bring any member of your support circle. Everyone is welcome.

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>
<b>Nov 2</b>	<b>Wed</b>	<b>5:30-7:00pm</b>	<b>BCC</b>
Nov 3	Thurs	5:30-7:00pm	PAMF Mtn View
Nov 9	Wed	6:00-7:30pm	PAMF Palo Alto
<b>Nov 16</b>	<b>Wed</b>	<b>5:30-7:00pm</b>	<b>BCC</b>
Nov 17	Thurs	5:30-7:00pm	PAMF Mtn View
Nov 23	Wed	6:00-7:30pm	PAMF Palo Alto ( <b>no class/holiday</b> )
<b>Nov 30</b>	<b>Wed</b>	<b>5:30-7:00pm</b>	<b>BCC</b>
Dec 1	Thurs	5:30-7:00pm	PAMF Mtn View
<b>Dec 7</b>	<b>Wed</b>	<b>5:30- 7:00pm</b>	<b>BCC</b>
Dec 14	Wed	6:00-7:30pm	PAMF Palo Alto
Dec 15	Thurs	5:30-7:00pm	PAMF Mtn View
<b>Dec 21</b>	<b>Wed</b>	<b>5:30-7:00pm</b>	<b>BCC</b>
Dec 28	Wed	6:00-7:30pm	PAMF Palo Alto ( <b>no class/holiday</b> )

BCC will meet the 1st and 3rd Wed. of the month, and if there is a 5th Wed., we will meet at BCC. PAMF Healing Imagery Group meets every 2nd and 4th Wed. of the month in Palo Alto. We meet at PAMF Mountain View on the 1st and 3rd Thursday of the month as well, at an earlier starting time of 5:30pm. (PAMF PA begins at 6:00pm)

**BCC** = Breast Cancer Connections, 390 Cambridge Avenue, Palo Alto, 650.326.6686  
**PAMF Mountain View** = Palo Alto Medical Foundation, 701 East El Camino Real, Mountain View, upstairs on level three, OB/GYN Conference Room, 650.934.7373  
**PAMF Palo Alto** = Palo Alto Medical Foundation, 795 El Camino Real, Palo Alto. Downstairs on level A, Radiation Oncology Waiting Area, 650.853.2960

Mary creates guided imagery tailored to your individual needs too (surgery preparation, chemotherapy, radiation, improving sleep, managing pain, etc.) Call Mary at **650.799.5512** or email her at [MHorngren@aol.com](mailto:MHorngren@aol.com) to make an appointment or ask questions. For updated calendar information or further details see [www.maryhorngren.com](http://www.maryhorngren.com).