



HEALING CANCER FROM WITHIN

www.healingcancerfromwithin.org

8 week series of classes - begins **Aug 4, 2021**

When: Every Wednesday- 10:00 am to 11:00 am

Classes for Sutter Health and PAMF patients and caregivers

Offered via Zoom for your safety and comfort

All classes are free. Please reserve.

Come and join us as we explore our body's innate ability to heal in a safe environment...

Each class includes a discussion on relevant topics as listed below, followed by gentle, mindful exercises and breath-work designed to reduce stress and boost healing. A handout is provided.

For more information and to register, please call 408-341-6621 or register at

<https://www.healingcancerfromwithin.org/programs-events>

Class 1: Aug 4 - Power of the Positive Mind

Class 2: Aug 11 - Fear & Anxiety

Class 3: Aug 18- Why Me? Anger

Class 4: Aug 25- Guilt

Class 5: Sep 1 - Acceptance and Letting Go

Class 6: Sep 8 - Self Love & Compassion

Class 7: Sep 15 - Gratitude

Class 8: Sep 22 - Managing expectations of others

Please wear comfortable exercise wear. Participation in entire series is encouraged.

This program is offered by Integrative Healing, a California Non-Profit Org. and sponsored by
The KAM Foundation

