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## Guided Imagery Group

Tower Hematology Oncology Cancer Support Network, in collaboration with weSPARK Cancer Support Center, invites cancer patients and those who care for them to participate in a free workshop.

By Lisa Roe  
 Event date: April 07, 2011

Tower Hematology Oncology Cancer Support Network invites all cancer patients, family members and other caregivers to a 90-minute guided imagery sessions that will help you reduce stress and build your coping skills during cancer treatment. An experienced facilitator from weSPARK will lead you on a journey that enhances the body-mind connection.

The workshop will take place at The Center for Radiation Therapy of Beverly Hills 9229 Wilshire Boulevard on the First and Third Thursdays of each month, 6:30-8:00 p.m.

Guided imagery can provide a sense of peace and enhance your sense of wellness by easing stress, enhancing coping skills and helping participants to discover an inner, safe place as they continue their fight.

For more information, or to register, please call: 310-205-5790.

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