

Tower Hematology Oncology Cancer Support Network

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Tower Hematology Oncology Cancer Support Network offers a community event taking place April 7, 2011.



WeHo News

Created with total healing in mind, Tower and weSPARK are hosting a stress reduction and relaxation workshop that is free and open to the public.

Click for Full Flier. Tower Hematology Oncology Cancer Support Network, in collaboration with weSPARK Cancer Support Center, are hosting a Guided Imagery Group for cancer patients, family members and other caregivers.

Participants will enjoy a 90-minute guided imagery session that will help reduce stress and build coping skills during cancer treatment.

An experienced facilitator from weSPARK will lead the group on a journey that enhances the body-mind connection.

WHERE: The Center for Radiation Therapy of Beverly Hills 9229 Wilshire Boulevard (<http://rtbh.net>)

WHEN: The first and third Thursdays of every month from 6:30-8:00 p.m.

WHY: Guided imagery can provide a sense of peace and enhance your sense of wellness:

- Ease stress
- Enhance coping

- Experience a sense of peace
- Discover your inner safe place

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