

Relaxation and Guided Imagery

With Paula Getty-Stevens



Date/Time:

Tuesdays 1:30-2:30pm

Online (Zoom)

Cost:

Free to CSCVVSb's Participants

RSVP:

Register on our website:
cancersupportvvsb.org or email:
programs@cancersupportvvsb.org
or call: 805.379.4777

Guided imagery has been shown to be effective in reducing pain, decreasing anxiety, and boosting the immune system. Our long-time guided imagery instructor and certified hypnotherapist, Paula, will guide you through a relaxation and guided imagery process that is specifically designed for people impacted by cancer.

Instructor:

Paula Getty-Stevens is a former Cancer Support Community Participant who has been instructing guided imagery programs since 2006. As a certified hypnotherapist since 2004 Paula combines her extensive hypnotherapy and guided imagery training along with her personal experience to assist numerous cancer patients and their loved ones.