

Relaxation and Guided Imagery

Paula Getty-Stevens



TIME & PLACE:

ONLINE TUESDAY WEEKLY, 1:30 - 2:30PM

NO COST TO PEOPLE IMPACTED BY CANCER

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.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777