The Best of Both Worlds: Integrating Complementary and Conventional Cancer Treatment

A FREE Speaker Series about Complementary Medicine and Cancer

Guided Imagery for Relaxation and Health

Saturday, October 9th, 10:00 am-Noon
Speaker: Gabriella Heinsheimer, MD, Charlotte Maxwell Complementary Clinic, Medical Director
This session will describe the many different Complementary and Alternative Medicine modalities with an emphasis on Guided Imagery, and will tell how CAM supports health during cancer treatment. Cantonese & ASL interpretation provided.

The Brain as Center of Healing: Using Touch & Movement to Stimulate Change

Saturday, October 16th, 10:00 am-Noon
Speaker: Jane Grady, Physical Therapist & Certified Feldenkrais Practitioner
This will be a discussion and demonstration of gentle ways to increase ease and comfort for oneself and for others using the Feldenkrais Method. Spanish interpretation provided.

Bodywork and Massage for Improving Quality of Life for Women with Cancer

Saturday, October 30th, 10:00am -Noon
Speaker: Betty Segal, Craniosacral Therapy & Hospice Body Work
This session will offer information on a variety of therapeutic touch modalities that are useful at various stages of cancer. Lymphedema treatment and self-help techniques will be taught. Cantonese interpretation provided.

How Acupuncture Can Help During and After Cancer Treatment

Saturday, November 6th, 10:00 am-Noon
Speaker: To be announced
This session will explain how acupuncture and Chinese herbs can safely and dramatically improve the quality of life of people living with cancer. Spanish interpretation provided.

Location: Charlotte Maxwell Complementary Clinic

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Oakland, CA 94612

RSVP: Connie Holmes, 510.898.0548 or holmestead01@comcast.net

The Series is co-sponsored by Charlotte Maxwell Complementary Clinic and the Women's Cancer Resource Center. For more info, visit **www.charlottemaxwell.org/about/events.html** or www.wcrc.org