



SAINT JOSEPH'S

Cancer Survivor's Network

Fall Series

Integrative Oncology

Complimentary Therapies

Join us for three outstanding evenings as we explore integrative oncology - three complimentary therapies offering ways to reduce stress, ease side effects of treatment, provide relaxation and rejuvenation.

All sessions will be held in the Carroll Conference & Education Center Auditorium.

To attend one or all sessions, please RSVP by calling 678-843-5051



Journaling

Tuesday, October 26th

6:30 pm—8:00 pm

Source of Inspiration

Dale Ferguson, Ovarian Cancer Survivor

Journaling is a creative tool used for stress management. Dale Ferguson will lead us through a variety of ways in which we can express ourselves as we find the need to honor & define our deep emotions... to reflect & attain perspective with inner peace.

Acupuncture

Tuesday, November 2nd

6:30 pm—8:00 pm

Hobbs Acupuncture & Integrative Medicine

David Hobbs, LAC



People are often surprised to learn of the use of acupuncture/Chinese medicine for cancer treatment support. Acupuncture/Chinese medicine can be used at any point in the timeline of a person's battle with cancer: from diagnosis to the ongoing pursuit of optimal health. David will help us understand the ways in which acupuncture/Chinese medicine can be administered with optimal outcomes during treatment and after treatment to enhance recovery.



Relax...and Renew

Tuesday, November 9th

6:30 pm—8:00 pm

Professional Massage Therapist & Yoga Instructor

Emily A. Smith, PhD

Emily Smith, a healing arts instructor, will help us explore popular complementary therapies such as yoga & meditation. Emily is the author of the books *Stretch Therapy*, *Anxiety Sucks!* and *Awaken to Expanded Consciousness*. She has also produced a relaxation CD: *Come Into Being*. Emily will discuss the importance of relaxation along with ways to relieve stress & anxiety through calming exercises.