Healing Imagery

Healing Imagery groups led by Mary Horngren, Medical Hypnotherapist, are provided free of charge to those living with cancer. Each imagery session focuses on relaxation, a sense of well-being, and healing the body, mind, emotions, and spirit. Caregivers are welcome to attend.
All sessions begin at 5:30 pm. Please arrive 5 – 10 minutes before each session.

Date	Day	Location (see addresses below)
January 1	Wednesday	Holiday
January 2	Thursday	PAMF Sunnyvale
January 8	Wednesday	PAMF Palo Alto
January 15	Wednesday	BCC
January 16	Thursday	PAMF Sunnyvale
January 22	Wednesday	PAMF Palo Alto
January 29	Wednesday	Holiday
February 5	Wednesday	BCC
February 6	Thursday	PAMF Sunnyvale
February 12	Wednesday	PAMF Palo Alto
February 19	Wednesday	BCC
February 20	Thursday	PAMF Sunnyvale
February 26	Wednesday	PAMF Palo Alto

For more information, email cancersupportivecare@stanfordmed.org or call 650-725-9481

Locations:

BCC - Breast Cancer Connections, 390 Cambridge Avenue, Palo Alto, 650-326-6686

PAMF Palo Alto - Palo Alto Medical Foundation, 795 El Camino Real, Palo Alto, Downstairs on Level A, Radiation Oncology Waiting Area, 650-853-2960

PAMF Sunnyvale - Palo Alto Medical Foundation, 401 Old San Francisco Road, Sunnyvale, 650-853-2960

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