

The Herald Cancer Association and M. D. Anderson Cancer Center's Place ... of wellness invite you to participate in...

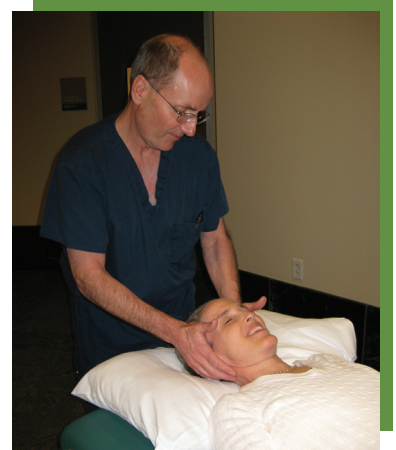
Massage & Cancer

A New Approach to Caring for Cancer Patients

Saturday, March 20, 2010 from 1-4pm

M. D. Anderson Cancer Center

Main Building, R11.1100, Room 7 & 8



Bring someone with you to share new skills.

Looking forward to massage helps everyone face the numerous challenges of cancer and cancer treatments. Massage improves relaxation, stress, and anxiety. Giving a massage can help relieve caregivers' stress as well. In this workshop practice comforting massage techniques with your loved one with cancer.

In this workshop participants will:

- Gain new insights on supporting and being present with each other through touch
- Learn how to safely incorporate massage in their journey with cancer
- Experience the process of centering for producing harmony within as preparation to using touch in caregiving
- Practice simple techniques of comforting touch they can enjoy at home
- Find additional assurance as a caregiver

All participants will receive an instructional DVD to practice all techniques learned in this workshop.

This workshop is designed specifically for cancer survivors and their personal caregiver - each survivor attending needs to be accompanied by a caregiver.

The workshop is at no cost to all participants. Space is limited and pre-registration is required by March 13. Parking vouchers for the Garage 10 or valet parking are provided.

For more information or to register, please contact 713-292-3117, 713-270-8660.

Place
...of wellness

THE UNIVERSITY OF TEXAS
MD ANDERSON
CANCER CENTER
Making Cancer History™

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