

## FREE SELF HELP CLASS

The Hearst Cancer Resource Center invites you to

# De-Stress with Energy Balancing



Would you like to:

- Reduce pain?
- Ease muscle tension?
- Improve sleep?

Now offered alternating onsite and virtually on Zoom:

**In-person, 2<sup>nd</sup> Monday, by appointment**  
**Via Zoom, 4<sup>th</sup> Monday • 11:00 a.m.**

### Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo

Energy balancing is the art of working with chi (life force) energy with the intention of encouraging a free and balanced flow of energy, enhancing the body's natural ability to heal itself.

The Virtual Energy Balancing Clinic has given our team and clients the opportunity to explore new techniques such as open meditations and group balancing work. As we transition to in-person sessions, choose which option works best for you.



**Dignity Health™**

French Hospital Medical Center

### Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo, California | 805.542.6234

E-mail: [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org) | Website: [Dignityhealth.org/HCRC](http://Dignityhealth.org/HCRC)



EMAIL US

Reservations required to secure an appointment for a time slot.

Please call Hearst Cancer Resource Center at **805.542.6234** or email us at **[HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org)**



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San Luis Obispo

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**[Dignityhealth.org/HCRC](http://Dignityhealth.org/HCRC)**