

FREE SELF HELP CLASS

The Hearst Cancer Resource Center invites you to

De-stress with Energy Balancing



Second and fourth Mondays of each month
11:00 a.m.

This is a Virtual/Zoom group activity

Please call Hearst Cancer Resource Center for more details at 805.542.6234
or email us at HCRC@dignityhealth.org



Would you like to:

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

Join us online to experience helpful techniques during our Virtual Energy Balancing Clinic.

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. Although we miss the in-person sessions, we are happy to say that the virtual clinic has been a resounding success!



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 | Website: Dignityhealth.org/HCRC



Like us on Facebook:
Hearst Cancer Resource Center
San Luis Obispo

Keep up with all our classes and programs at our website:

Dignityhealth.org/HCRC