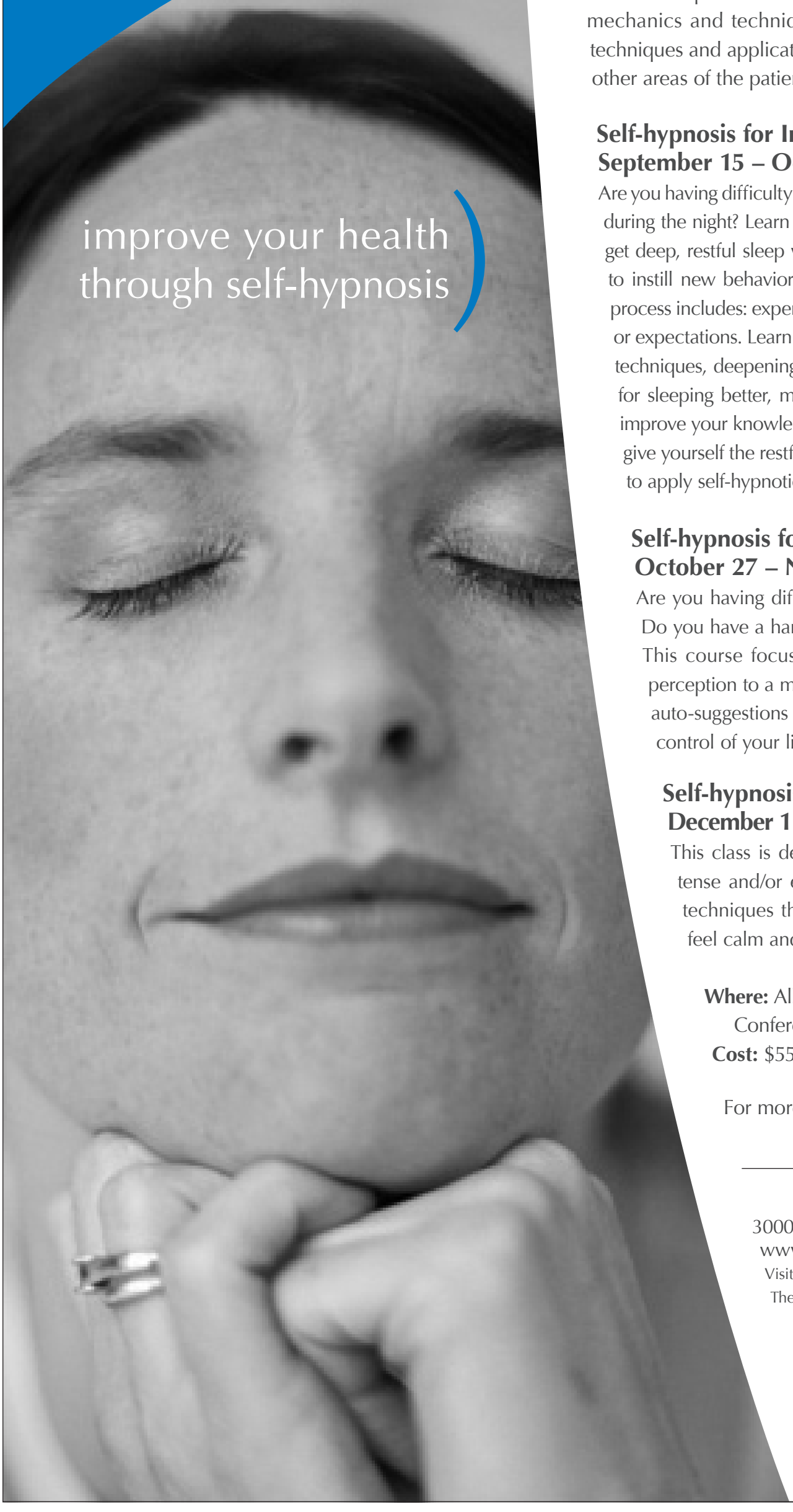
the team behind your team



Self-hypnosis Classes

Studies have proven the benefits self-hypnosis has on the body, which is why Clinic Cancer Care is offering a series of classes to learn more about this healing technique. Classes are designed to provide patients with a complete understanding of self-hypnosis including basic mechanics and techniques, use of auto suggestions, refinement of techniques and application of self-hypnotic understanding to improve other areas of the patient's life.

Self-hypnosis for Improving Sleep
September 15 – October 6 • 6:00 pm – 7:30 pm

Are you having difficulty sleeping? Does your mind race when you awaken during the night? Learn how to turn off your mind, relax your body, and get deep, restful sleep with self-hypnosis. Learn to use auto-suggestions to instill new behaviors and get control of your life! The self-hypnosis process includes: experiencing hypnosis and dispelling false beliefs, fears or expectations. Learn the mechanics of self-hypnosis such as induction techniques, deepenings and awakening. Develop effective suggestions for sleeping better, more deeply and through the night. Practice and improve your knowledge of hypnotic experience. Refine techniques to give yourself the restful sleep you need. In this class, we will also learn to apply self-hypnotic understanding to other areas.

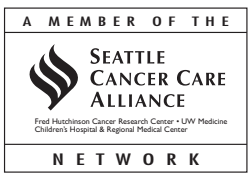
Self-hypnosis for Weight and Body Image
October 27 – November 17 • 6:00 pm – 7:30 pm

Are you having difficulty keeping your weight where you want it? Do you have a hard time seeing yourself the way you want to be? This course focuses on learning how to change one's internal perception to a more positive, self-affirming view and how to use auto-suggestions to instill new behaviors that will help you take control of your life.

Self-hypnosis for Stress and Anxiety
December 1 – December 29 • 6:00 pm – 7:30 pm

This class is designed for patients who regularly feel stressed, tense and/or experience worry-some thoughts. Self-hypnosis techniques that help relax your mind and body in order to feel calm and comfortable will be the focus of this class.

Where: All classes will be held at the Clinic Cancer Care Conference Center, 3000 15th Avenue South
Cost: $55.00/four-session course

For more information, please call 454-2171.

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