

Navigating Cancer Survivorship: Stress Reduction, Relaxation, and Self Care

Stress is the cause of 80-85% of all human illness and disease. While stress is a normal part of life, the problem lies with how much stress, how often we feel stressed, and what tools we have to deal with it. Our speaker, **Roger Moore, PhD**, will teach you quick, easy and effective mindfulness based stress reduction techniques to help you to relax, manage stress, boost your immune system, survive with cancer, have more energy, and generally feel better. And, the added bonus is that you will have the opportunity to experience relaxing hypnosis.



At the following MultiCare Regional Cancer Centers:

Monday March 30, 2015, 1:00-2:30pm, **Puyallup**, 400 15th Avenue SE, Puyallup, WA 98372, Dr. Richard C. Ostenson Cancer Center

Thursday April 30, 2015, 1:30-3:00pm, **Tacoma**, 1003 S. 5th Street, Tacoma, WA 98405

Thursday May 14, 2015, 1:00-2:30pm, **Auburn**, 121 N. Division, Auburn, WA 98002

Tuesday, May 26, 2015, 1:00-2:30pm, **Gig Harbor**, 4545 Pt. Fosdick Drive NW, Gig Harbor WA 98335

For more information or to **RSVP to attend: 1-866-200-2383 or online at www.gildasclubseattle.org**



Roger Moore is a Certified Counselor and Registered Hypnotherapist with 40 years of specializing in stress management techniques and medical hypnosis. He is the author of ***Becoming Slender for Life*** and the creator of **Hypnosis Health Info**. Roger has offices on Bainbridge Island and in Seattle and Forks. He also works closely with the Peninsula Cancer Center.