

**July
2010
Highlights**



**Open to the
Public &
Free of Charge**

*Tuesday, July 6
3:30-5:30 PM/New Time
Easy Self-Hypnosis*

*Scott E. Weiner, Certified Hypnotist
Self-hypnosis is an amazing and easy technique
that can help you relax rapidly and gain soothing
relief from fear, anger, worry, negativity, and
stress. This fun, informative workshop teaches and
practices the 4 steps of Easy Self-Hypnosis. You
will learn how to create effective suggestions and
affirmations, how to use imagery and visualization,
and several simple, easy-to-use ways to develop a
relaxed and focused state of self-hypnosis. This
relaxing workshop includes calming guided imagery.
Reservation required.*

*Monday, July 19
1:00-3:00 PM*

Look Good ...Feel Better!

*In this hands-on workshop for women currently in treatment,
you'll learn about skin care, makeup and wigs to help you look
good and feel better during this transitional period in your life.
Sponsored by the American Cancer Society.
Space is limited.
Reservations required.*

*Wednesday, July 21
6:00-7:30 PM*

For Men Only

*Cindy Teeple, APRN, BC, MSN, AOCN
If a woman in your life has cancer, this
informal Q & A is for you.
Pizza will be provided.
Reservations required.*

*Tuesday, July 27
1:30-3:00 PM*

Summer Herbal Stress Relief

Bonnie Rogers

*Are you experiencing stress in your life? Do
you want to relax a little? Join us as we
explore a wealth of simple and commonly
available remedies that can provide the
soothing calm we can use time to time.
Reservations required.*