Invitation to Relaxation

Are you, or is a loved one living with **side effects of cancer treatment**, or **advanced illness?**

Or are you **grieving the death of someone you love?**

If so, you may be eligible to experience complementary relaxation treatments of energy healing, gentle touch, or guided meditation. Trained **Companioning Community Care** Volunteers with **Family Services of the North Shore** are offering treatments of these complementary therapies at no charge. An accompanying family member or friend is also welcome to participate. **Pre-registration is required**.

When:

Guided Meditation—Wednesdays at 9:45 or 11:00 a.m.
Relaxation Treatments—Wednesdays at 1:00 or 2:00 p.m.

Where: Palliative Support Centre, 3743 Delbrook Avenue, North Vancouver

To Pre-register:

Call Janet at 604-985-8713 or
email Quenneville@familyservices.bc.ca

vancouver foundation

PSPS

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Family Services North Shore

Caring for our Community

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