

THE MARTIN-O'NEIL CANCER CENTER WELCOMES YOU TO

THE FALL 2015

Awaken Your Mind, Body & Spirit

S E R I E S

Awaken Your Mind, Body and Spirit is a free lecture series offering unique presentations to inspire change towards living a healthier life.

Barbara Musser | October 26, 2015

Intimacy—Using Life's Challenges to Deepen
Our Love and Relationships



Barbara Musser is a 26-year cancer survivor, author of *Sexy After Cancer*, an intimacy expert and lover of life. Offering facts, stories and experiential activities, Barbara will illuminate some guideposts and offer tips for gracefully navigating relationships, intimacy and sexuality during life's challenges. With a shift in mind-set and new tools, you too can expand intimacy and pleasure during challenging times.

Melanie Kates, MD | November 2, 2015

Opening Your Heart to the Grace of Healing:
Accepting the Healer Within You



Dr. Melanie Kates will share her own story of healing and how it has shaped her work as a physician. This interactive class will focus on opening your heart to receive the love, joy, peace and harmony that dwells within you. Dr. Kates is a Lifestyle Medicine expert at the Lifestyle Medicine Institute at St. Helena Hospital who has studied mind-body medicine with Dr. Deepak Chopra and Dr. Herbert Benson at Harvard University. She has worked with many patients on their own journey to health, compassion, awakening and wholeness.

Mondays
October 26 and
November 2, 2015
5:30-7:30 pm

Yountville
Community Center
6516 Washington Street
Yountville



ST. HELENA
MARTIN-O'NEIL
CANCER CENTER
NAPA VALLEY

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