

# NEW LIVING WELL WITH CANCER THERAPY and SUPPORT GROUP



*Cashman Center is pleased to offer a NEW 6-week Integrative Cancer Therapy and Support Group Program.*

In this unique small group consisting of 6-8 participants, we offer a place to connect with others, relax, and equip yourself with the resources and support needed to strengthen your mind, body, and spirit.

## Group Structure

- **Group Therapy** – 55 minutes
- **Evidence-based Integrative Therapy** – 25 minutes
  - Consists of Acupuncture, BioMat, Massage, Music Therapy, Reiki, Yoga
- **Small Group Session** – 25 minutes
  - Consists of education on local resources, holistic management of physical symptoms, spirituality, and much more.
- **Healthy Snacks** aimed to improve caloric intake and nutritional needs while undergoing cancer treatment. Recipes will be provided.
- **Cheerful closing** with music by the Beatles and much more!

**WEDNESDAYS, 4PM – 6:15PM / Beginning March 15**

**Call today to reserve a spot in our holistic program.**

Speak to Danielle Halverson for more information and to schedule an orientation  
Phone: 952-224-8990 - Email: [dhalvorson@cashmancentermn.com](mailto:dhalvorson@cashmancentermn.com)