



# Weekly 'Skills for Healing' Cancer Webcast

**Offering support and skills to people affected by cancer**

**Starts January 15, 2012**

**Sundays 6pm EST (3pm PST)**

For more information or join in, visit

**[www.HealingandCancer.TV](http://www.HealingandCancer.TV)**

## **Each session includes:**

- ◆ **How to get complete cancer care**
- ◆ **Healing skills like mindfulness and meditation**
- ◆ **Techniques such as Visualization, Qi Gong, Body Scan, or Yoga**
- ◆ **Home practices for healing**

## **Dr. Rob Rutledge, MD**

Radiation oncologist

Dalhousie University

Nova Scotia Cancer Centre

## **Dr. Timothy Walker, PhD**

Psychotherapist, Teacher

Eastwind Stress Reduction

Free to anyone affected by a cancer diagnosis, this 6-week program can be done in group settings or by individuals at home.

For information call 902 473-6149 or email: [info@HealingandCancer.ORG](mailto:info@HealingandCancer.ORG)