



Get Healthy @ the Library

Exploring Mind-Body Skills for Health and Well-Being

Cynthia McDonald, PhD, presents an experiential evening of stress-reducing activities. A medical hypnotherapist, Dr. McDonald will share her survey of mind / body / spirit research and offer tools that you can use to truly “take a break.” You will have the opportunity to explore several proven skills such as sound, guided imagery, breathing techniques, and basic meditation. We will also discuss how you can begin using these skills to help manage stress, chronic pain, medical treatment side-effects, and to increase your quality of life. Her relaxation CDs will be available for purchase after the talk.

Tuesday, April 26 – 7 p.m.

Campbell Library

77 Harrison Avenue, Campbell 95008 • (408) 866-1991



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