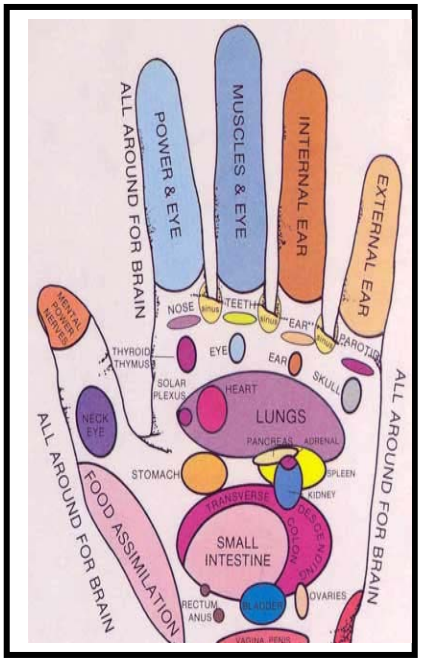
Simms/Mann
UCLA Center for Integrative Oncology
Optimizing Wellness

Acupressure Self-Help Workshops
For Cancer Patients & Caregivers
with Eileen Zegar, L.Ac



Acupressure effectively treats many of the side effects of cancer.

Among its many benefits, Acupressure can help manage digestive discomfort, relieve pain, improve fatigue and strengthen the immune system. Most importantly, it can help calm your spirit.

By simply placing your hands or feet on specific spots on your own body, you can perform acupressure treatments on yourself and your loved ones. You will learn helpful protocols and receive a notebook of acupressure techniques.

Eileen Zegar, Licensed Acupuncturist & NCCAOM Diplomat in Oriental Medicine, presents an Acupressure Self-Help Workshop for cancer patients and caregivers. Zegar, a breast cancer survivor, has offered this workshop for the past two years. She maintains a practice in Los Angeles and Valley Village, CA.

We will be working on massage tables and yoga mats.
Dress comfortably and prepare to have fun while learning valuable skill sets.
Patients and Caregivers welcome.

When: **Monday, November 16, December 14, 2009**
2 – 4 pm – <u>This is a one-day class</u>—choose one date

Where: **200 UCLA Medical Plaza, Suite 206**

Phone: **310-794-6644**

There is no charge for this class; however, we encourage and greatly appreciate your donations which allow us to continue providing free services.

Participation is limited to 12 people.
You **<u>must</u>** be registered to participate in this program.