



Simms/Mann  
UCLA Center for Integrative Oncology  
*Optimizing Wellness*

## ***For women with recurrent, widespread or metastatic cancer***

### **Living Beyond Limits: A Weekly Support Group**

**Where:** Room 502 - Fifth Floor, 200 UCLA Medical Plaza

**When:** Thursdays 1 pm - 2:30 pm

- The group focuses on living with cancer and encourages the exploration and expression of emotions and thoughts. The group's purpose is to facilitate mutual support, effective interaction with family and social networks, active coping, enhancement of quality of life and reduction of anxiety and pain using relaxation and guided imagery.
- Group members are asked to make a commitment to attend regularly.
- The facilitator, Celeste Torrens, is a licensed clinical social worker with extensive experience working with individuals with cancer.

**Living Beyond Limits** is offered by the Simms/Mann-UCLA Center for Integrative Oncology at no charge. However, donations are greatly appreciated.

For further information or to enroll, please call  
**Suzanne Levanas, LCSW at (310) 794-6365**