



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

# *MEDITATION*

## *INNER HEALING*

This class for individuals who **have or have had cancer** is designed to optimize emotional, physical and spiritual well-being. **Mind-body techniques** such as guided imagery, music, color, and movement are utilized to **reduce stress** and promote balance and **healing**. A family member or support person may also attend.

The class is facilitated by **Kathryn dePlanque, Ph.D.**, Doctor of Holistic Health Sciences, who is dedicated to serving individuals facing challenging health issues.



**When:** Mondays, 1:30 - 3 pm  
Please call (310) 794-6644 for specific dates.  
**RESERVATIONS ARE REQUIRED**

**Where:** 200 UCLA Medical Plaza, Suite 502

There is **no charge** for this class. However, we encourage and greatly appreciate your **donations** which allow us to expand our programs and to continue providing **free psychosocial services** to individuals with cancer.

***Priority is given to patients who receive  
their oncology care at UCLA.***

For further information or to enroll, please call  
**310-794-6644**