



**LOURDES**  
MEDICAL CENTER  
OF BURLINGTON COUNTY

# Relax and Renew For Cancer Patients

Our Wholistic Nurse will introduce you to mind-body techniques that can promote relaxation and reduce anxiety. Feeling peaceful can strengthen your immune system and enhance healing. This interactive workshop will cover different techniques so you can find one that works for you!



Thursday, October 28, 2010

1:00 to 2:00 p.m.

Lourdes Medical Center of Burlington County

218A Sunset Rd, Willingboro, NJ 08046

Cost: Free

To Register, call (609) 835-5432

A family member or friend may accompany you.