

Chakras: Your 7 Energy Centers

Wednesday, July 21 • 3 p.m. - 4:30 p.m. • Small Board Room

The Seven Chakra system is based on ancient eastern traditions. Presenter Emily Ecker, LCSW, will discuss what they are and which colors, emotions and sounds are associated with each one.



Taming the Tiger: Coping with Anxiety

Wednesday, August 18 • 1:30 p.m. - 3 p.m. • Small Board Room

The challenges of living with a serious illness can create a lot of worry and anxiety. Presenter Emily Ecker, LSCW, techniques for managing these emotions in a healthy and proactive manner.



The Emotional and Spiritual Impact of Cancer

Wednesday, Sep. 29 • 1:30 p.m. - 3 p.m. • Small Board Room

Presenter Priscilla Bickford, Chaplain for Bridgton Hospital, will discuss the emotional and spiritual impact of cancer including our reactions, coping and finding a meaning in it all.



To register please call:

The Patrick Dempsey Center for Cancer Hope & Healing
795-8250 or 1-877-336-7287

www.dempseycenter.org