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Laughing and Dancing Your Way Through the Holidays

An interactive evening with presentations on laughter, dancing, meditation and writing to help you stay light and centered during the holiday madness.

Presented by Sutter Medical Center, Sacramento and Sutter Integrative Medicine.

Monday, November 16, 2009

6 - 7 p.m.: Meet the Integrative Medicine Practitioners & visit their display tables. Mini-Healing Touch Sessions available for participants.

7 - 8:30 p.m.: Main Program

Program

- Mindfulness-Based Stress Reduction
Dennis Warren, JD
- Writing as a Way of Healing
Terri Wolf, RN
- Movement for Lightness
Nandi Szabo, M.A., ADTR

Laugh it up Through the Holidays
Brad Bonar, National Comedian



***Sutter Medical Center,
Sacramento***

A Sutter Health Affiliate

With You. For Life.

Sutter Cancer Center, First Floor Classrooms
2800 L Street, Sacramento
Free Parking in Lot C (across the street)
Seating is limited. RSVP (916) 733-1765.

Funded by donations to Sutter Medical Center Foundation
suttermedicalcenter.org/philanthropy