



*Sutter Medical Center,
Sacramento*

A Sutter Health Affiliate

Laughing and Dancing Your Way Through the Holidays

November 20, 2008

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

Our team of Integrative Medicine practitioners will be available with information to help promote your physical, mental, and spiritual well-being. Healing touch and massage demonstrations will be available as well.

Presented by Sutter Medical Center, Sacramento, and the Sutter Integrative Medicine Team, Maxine Barish-Wreden, MD and Kay Judge, MD, Medical Directors

Writing as a Way of Healing – Jan Haag, MA

Mindfulness Based Stress Reduction – Dennis Warren, JD

Movement for Lightness – Nandi Szabo, M.A., ADTR

6:00 – 7:00 pm
Meet the Integrative Medicine Practitioners & visit their display tables

Mini-Healing Touch & Massage Sessions available for participants

7:00 – 8:30 pm
Main Program

Laugh it Up Through the Holidays
Brad Bonar, Comedian

Sutter Cancer Center
2800 L Street Classrooms
Sacramento – Free Parking in Lot C (across the street)
For more information, visit the “classes” section on sutterintegrativehealth.org or sutterwomens.org .
Lecture is free.
Seating is limited, for reservations call (916) 733-1765.

Snacks and Refreshments provided by
Trader Joe’s and
Tarts and Truffles!