

Gilda's Club North Texas • Free, open-to-the public lecture • Please RSVP to 214-219-8877



Healing Imagery for Wellness

Tuesday, April 29, 6:30-8 pm

Join Ellen Chernoff Simon, MS, M.Ed., LPC, BCIAC, for this enlightening presentation on the use of mental imagery to promote well being and relaxation, and to enhance the body's ability to heal. Imagery is now recognized by the National Institute of Health as a safe and effective mind/body technique with applications in healing. Studies have shown that patients who use guided imagery prior to or during medical or surgical procedures experience significantly decreased anxiety and stress levels. Seeing is believing!

* 1.5 CEU's are available to LPCs and Social Workers who attend this lecture. *



*Cancer Support for the Whole Family -
the Whole Time*

Gilda's Club is a free cancer support community.

We offer support & networking groups, lectures, workshops, and social activities – all free – for people with cancer, their families and friends. Please RSVP.

Gilda's Club North Texas
One Works of Grace Plaza

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