



Healthy Lifestyle | Mind Body Feeling Better

at Gilda's Club Twin Cities

DATE:

Wednesday, Jan 18
Wednesday, Feb 8

TIME:

11:00am-12:00pm

WITH:

Janet Hovde, MA, OTL, CHTP

COST: FREE!

RSVP:

Program
@GildasClubTwinCities.org
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Boulevard
Minnetonka, MN 55305

(From 394 go North on Hopkins Crossroads; then right on North Frontage road—Wayzata Blvd)

A place where no one faces cancer alone.

All programs and services are offered at no cost.



Looking for relief from pain or anxiety? Maybe you need clarity on what to do? Experience energy healing in a group setting and learn new techniques to shift energy. Leave with new tools to feel better in the long term. Be guided through clearing, balancing and replenishing you energy through visualization, breathing, healing touch and simple art activities. These techniques effectively decrease pain, decrease anxiety, improve breathing and refine plans for living.



Janet Hovde is an occupational therapist and certified healing touch practitioner as well as a breast cancer survivor and artist.