



**For Immediate Release**

January 14, 2013

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## **Cancer Services to offer Guided Imagery and Mindfulness-Based Stress Reduction**

Cancer Services will host a relaxation techniques session on Monday, February 11, and Thursday, February 21, at our Healing Arts Center. The sessions will walk participants through guided imagery, gentle chair yoga, and an introduction to Mindfulness-Based Stress Reduction, presented by Richard Johnson, PhD and Jack Dyer, MD. Both sessions are open to anyone interested in learning more about relaxation techniques as it relates to illness.

Mindfulness-Based Stress Reduction (MBSR) was introduced by cellular biologist Jon Kabat Zinn PhD in 1979. It provides a modality to help patients control pain and stress arising from serious illness and has been shown to improve the immune system and promote wellness. Kabat Zinn defined mindfulness as "paying attention in the present moment, on purpose without judgement." Drs. Johnson and Dyer were trained at the Center for Mindfulness at the University of Massachusetts Medical Center.

**When:** Monday, February 11, 10:30 a.m. to Noon  
Thursday, February 21, 7:15 to 8:45 p.m.  
**Where:** Cancer Services of Northeast Indiana  
Healing Arts Center  
6316 Mutual Drive  
Fort Wayne, IN 46825  
**Who:** Open to the public

Reservations are required. Please call 260-484-9560 or toll free 866-484-9560 for more information.

### ***About Cancer Services of Northeast Indiana***

Cancer Services' mission is to enhance the quality of life of those affected by cancer by providing meaningful resources, information and compassionate assistance. Last year, more than 2,600 local people with cancer and their families received emotional support and practical resources for their cancer journey. Cancer Services of Northeast Indiana helps people who live in Allen, Adams, DeKalb, Huntington, Kosciusko, LaGrange, Noble, Steuben, Wabash, Wells, and Whitley counties.

For more information, visit [www.cancer-services.org](http://www.cancer-services.org).

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