



# Guided Meditation

**Second Friday of the Month  
11 am – 12 noon**

Being in touch with your body's energy system is very empowering. You'll find that **you** have the power to relieve stress and restore your body's energetic balance.

Many even find that they begin to understand more about themselves as they tap into the different energy centers of their body. It is especially helpful for those recovering from cancer and their caregivers.

Everyday we engage in tasks and challenging responsibilities that can be stressful. These can sometimes leave us feeling drained and disconnected. Would you like to schedule time to experience deep relaxation and reconnect to your inner wisdom?

Join me for an hour long meditation. Together we'll leave our worries at the door as we connect with our inner world and experience deep relaxation. And, as we reconnect with our energetic system we can take a powerful journey toward healing.

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**Community Memorial Hospital  
Cancer Resource Center  
2900 Loma Vista, Suite 105, Ventura  
Second Friday of the month  
11am-12 noon**

There is no need to register for this event and there is no fee.  
For more information please feel free to contact **Frances Starr** at **805.696.8385** or by email at **FrancesMStarr@gmail.com**.

You may also contact Kathleen Horton, CTR at 805.652.5459.



Frances Starr, C.H.t. is a Gentle Healing Touch practitioner, Certified Hypnotherapist and co-founder of Healed by Light, Energy Healing and Hypnotherapy Center in Thousand Oaks.

**2655 N. Moorpark Rd., Suite 2, Thousand Oaks CA 91360**  
**[www.HealedbyLight.com](http://www.HealedbyLight.com)**