

Free mini massages will be available at the conference provided by the Sierra Center for Oncology Massage and The Center for Cancer Spirit Healing.

No-cost Oncology Massage Community Service Day

As a service to the local cancer community, volunteer professional Oncology Massage Therapists offer free massages to people with cancer. These experienced massage therapists (not students) have had advanced oncology massage training and internships with Isabel Adkins, one of the leading educators in the oncology massage field.

Each therapist uses unique massage styles, incorporating protocols for safety and integrating both Western & Eastern modalities of bodywork in order to address the symptoms of both cancer treatments and the disease. Specialized massage can help with nausea, low blood counts, pain, exhaustion and numerous other side effects from chemotherapy, radiation treatments and surgery. It assists the immune system and enhances feelings of well-being.

Massages are scheduled for those with active cancer, those in remission or those in treatment. (Priority is given to patients currently in treatment.)

Sierra Center for Oncology Massage, Grass Valley
Call Nicki Hansen-Dix to make an appointment: (530) 320-9647.
Grass Valley - Second & Fourth Fridays of every month
www.oncologymassage.net

The Center for Cancer Spirit Healing Journeys, Sacramento
Call Connie Kishbaugh, RN to make an appointment (916) 731-4742
Sacramento – Every Tuesday and Wednesday
www.cancerspirithealing.com