



Provincial Health Services Authority

Relaxation & Music Therapy Group

Do you often feel anxious, nervous, or notice that you can't relax?
Do you want to learn ways to calm your mind and relax your body?

Monday, 5:30 pm
Wednesday, 10:30 am
Friday, 2:30 pm

Join us for an online guided imagery and music therapy experience, designed to promote relaxation and nervous system regulation.

Groups are led by certified music therapist Carolyn Neapole.

No prior experience is necessary, and all patients, family members, and caregivers are welcome.

Registration required:

**Please contact Patient & Family Counselling
BC Cancer – Vancouver**

604.877.6000 ext. 672194

or toll free 1.800.663.3333 ext.672194