



Lifting Your Spirits: seven tools for coping with cancer

An inspiring one-day workshop for people with cancer and their carers on Saturday 18 July 2009 in Brighton



Jan Alcoe, BSSc(PsychHons), DHypPsych(UK) is an experienced trainer and writer in holistic health care, and a survivor of cancer. She is a registered hypnotherapist and author of *Lifting Your Spirits: seven tools for coping with illness* (Janki Foundation, 2008)

Whether you are coping with cancer or supporting someone through treatment and recovery, join me for a practical and inspiring day on how to lift your spirits and enhance your well-being.

This relaxing and enjoyable workshop will introduce you to seven simple but powerful tools you can use to boost your resilience on all levels and cope with the emotional upheaval and uncertainty which serious illness may bring. Discover how to:

- relax deeply and draw on your inner stability
- use the power of the mind to cope with anxiety, pain and difficult treatment
- bring play, laughter and creativity into your life
- find fulfilment through appreciation
- connect with yourself and others through listening and reflection

The workshop will be held in a lovely house and gardens in the Surrenden area of Brighton (free parking, close to A27 and on main City bus routes). Numbers will be strictly limited to 12.

Price: £35, including refreshments. Vegan lunch available at small additional charge.

Contact Jan Alcoe to book a place. Payment in advance via cheque or Paypal.