



Get Healthy @ the Library

Use your imagination to decrease stress and increase health. Learn healing imagery from an expert.

After reviewing research on the powerful combination of mind, body, and spirit, certified medical hypnotherapist Cynthia McDonald, Ph.D., will lead a guided imagery session. Attendees will experience the process of lowering their mental and physical stress. Learn how to use the power of your imagination as a tool for maintaining health and well-being.

Wednesday, July 7th • 7:00 pm

MILPITAS LIBRARY

160 North Main Street, Milpitas, CA 95035
408.262.1171

