

iRest® Yoga Nidra Meditation Cancer Support Group



WHEN:
Fridays 11:00 a.m. - 12:30 p.m.

WHERE:
Portland VA Medical Center
Bldg 101, Room 109

WHO:
Veterans, family and supports

**Please join us during any portion of your
cancer journey...**

**IREST® CAN MAKE
YOUR LIFE A LITTLE
BETTER, DAY BY
DAY.**

Backed by extensive research, iRest® can help people navigate all life's challenges and enhance one's sense of well being and peace by helping one:

- *Cope with daily stress
- *Resolve trauma
- *Decrease anxiety and depression
- *Relieve chronic pain
- *Improve sleep
- *Awaken to your True Nature

TO REGISTER

Sandra Sommers
Oncology Social
Worker
(503) 220-8262
ext: 57544

Marcy Stooksbury
Oncology Dietitian
(503) 273-5232



U.S. Department
of Veterans Affairs