



**Thousand Waves Spa**  
*for women*

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## **Stress Management Program for Women with Cancer at Thousand Waves Spa for Women**

*Having cancer is not easy.* Every woman who has to deal with it is faced with complex decisions, fear, unpleasant and sometimes painful medical procedures, and difficult emotional losses. The Stress Management Program exists to help women cope with the stress of cancer. It offers:

- Five free full hour massages at Thousand Waves Spa for Women
- Five free visits to the spa bath facilities if permitted by your doctor, or spa visits may be used by female companion who accompanies you to your massage treatment.

*Controlling stress* by participating in healthy, positive relaxation activities (that also feel great!) can help you deal with the fear and depression that often accompany a cancer diagnosis. And all Stress Management Program services are absolutely FREE.

*The Stress Management Program* is open to any woman with cancer. Priority in scheduling appointments is given to women who are newly diagnosed, currently in treatment or those with advanced disease.

*Free Spa Visits* include use of the redwood sauna, eucalyptus steamroom, hot tub and the relaxation room. They are available anytime the spa is open without an appointment. Free massages are available on Tuesdays and Wednesdays by appointment only.

*It's easy to enroll.* Just call Thousand Waves Spa for Women and a staff person will answer your questions and invite you to come in. When you arrive, you will complete an intake form and we will begin a file to keep track of your visits.

*Having cancer is hard, and the Stress Management Program for women with cancer can make it just a little easier.*

For more information, call 773-549-0700.