

## YES! YOU ARE UNIQUE!

Have you been diagnosed with a chronic or life-threatening illness?

We know your health journey is like no one else's and depends on your personal circumstances.

In addition to the help you receive from your doctors, family, and friends, our mind and body approach can help strengthen your mind, even when you feel you cannot make headway in the world.

We can help and support you through every stage of your health journey. Healing the unique person that you are.



## WHAT OUR CLIENTS ARE SAYING...

*"Dealing with fibromyalgia and lupus I contacted Werner to learn more about mind-body medicine to help me deal with acute symptoms, pain, and a skin rash. With Werner's help, I started a mindfulness practice, and we are integrating medical hypnosis for healing and recovery. I have seen significant improvement in my overall health and a reduction of symptoms, pain and lupus flares. Thanks to medical hypnosis and the mindfulness practice, I feel like I am in control of my chronic disease symptoms and better able to cope with the daily stresses of my life. Thank you for all you are doing to teach me how to help myself. I feel truly blessed!"*

- \*C.B.

\*Not all clients experience these results. Your results may vary.

## YOUR HEALING JOURNEY STARTS HERE

(616) 607-7360 | [www.AMACF.org](http://www.AMACF.org)

CALL OR VISIT US ON THE WEB TODAY!

*"As a healthcare professional, I was in search of an outlet for the stressors that my role as a hospice nurse entails on a daily basis. Not too long after attending yoga classes at ACEF, I have noticed a significant change in my overall well-being. I have found that I have been able to apply a variety of the relaxation techniques taught by Karri, LPN, RYT, to my everyday life and for this I am grateful. Thank you ACEF!"*

- \*J.F., RN, BSN, CHPN

*"I benefit a great deal taking a meditation class at ACEF. I am able to deepen my understanding of meditation and its importance to my well-being. I have increased my practice and can better handle life's challenges."*

- Gratefully, \*A.E., breast cancer survivor

**"Mind and body medicine should be an integral part of evidence-based, cost-effective, quality health care."**

- David Sobel, PhD

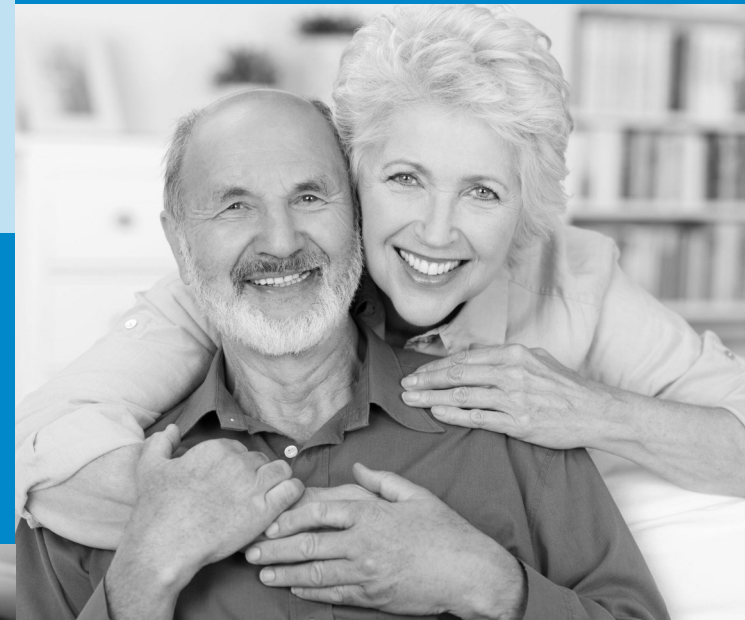


ACEF Absenger  
Cancer Education  
Foundation

## YOU ARE UNIQUE

So are your health care needs.

Start your healing journey today.



ACEF is a Member of the  
Michigan Cancer Consortium



Absenger Cancer Education FDTN  
17212 Van Wagoner Road  
Spring Lake, MI 49456

## DO YOU NEED 1 ON 1 SUPPORT?

**Difficult Emotions:** Is your illness making you sad and cranky? Do you have a short temper, feel on the edge, often snap at your family and friends?

**Family Burden:** Do you sometimes worry that your family does not understand you or your illness? Do you fear that your family is not prepared to deal with your illness? Are you unable to talk freely with your family about your illness or the areas of your life your illness impacts?

**Breaking Point:** Do you want someone you can talk with when you feel hopeless, angry, or alone? Do you feel you cannot do, or may never again do, the things you enjoy because of your illness?

**Losing the Safety Net:** While you were in treatment for your illness, you felt safe and protected by the attention you received from your medical team. Is the loss of your *safety net*, with less frequent visits to the doctor, causing you stress, anxiety, and worry that your illness may return?

If **YES** was your answer to any of the above questions, allow us to partner with you and your health care team, by teaching you evidence-based mind and body self-management tools.



Visit [www.AMACF.org](http://www.AMACF.org)  
and Subscribe to Our FREE Newsletter

## UNIQUELY YOU!

Build your own, unique mind-body program that teaches you to de-stress, eat healthy, and safely get physically active again.

Train your mind, and lift your spirits and well-being.

### MINDFUL EATING PROGRAM

Can help you:

- ✓ Shrink your waist without feeling deprived
- ✓ Become aware of being full sooner, so you don't eat as much
- ✓ Learn how your reaction to stress directs your attention to eating
- ✓ Make food choices that support health and well-being

### HYPNOSIS

Has been shown effective for:

- ✓ Pain from cancer, arthritis, fibromyalgia, and many other pain conditions
- ✓ Reducing worry before an operation, or while at the dentist's office
- ✓ Insomnia
- ✓ Obesity
- ✓ Quitting smoking
- ✓ Reducing stress and anxiety
- ✓ Overall well-being



### YOGA CLASSES

Can help you with:

- ✓ Chronic disease symptoms
- ✓ Flexibility and balance
- ✓ Blood flow
- ✓ Depression and anxiety
- ✓ Sleep quality
- ✓ Stress reduction
- ✓ Overall well-being
- ✓ Building a strong body and mind

### MEDITATION & BREATHING EXERCISES

Can help you manage symptoms from:

- ✓ Anxiety disorders
- ✓ Depression
- ✓ Sleep conditions
- ✓ Heart disease
- ✓ High blood pressure
- ✓ Asthma
- ✓ Cancer
- ✓ Pain

The Absenger Cancer Education Foundation (ACEF) is a 501(c)(3) public charity. Your gift may qualify as a charitable deduction for federal income tax purposes.

To begin your healing journey today call **(616) 607-7360** or visit us at **[www.AMACF.org](http://www.AMACF.org)**