



Guided Imagery Workshop

Wednesday, February 20

12:10pm – 1:00pm

4006 Fleming

You are welcome to eat your lunch during the presentation

Claire Casselman, staff of the Complementary Therapies Program in the U-M's Comprehensive Cancer Center, will facilitate this workshop. She is a Mind-Body practitioner, primarily utilizing guided imagery and meditation modalities to serve patients, family members, caregivers and staff. Claire will discuss how to feel calm and centered during stressful times.

A Clinical Social Worker, Claire earned an MSW at the University of Kansas; completed a post-graduate fellowship at The Mayo Clinic; and trained with the Academy of Guided Imagery. Here at Michigan, Claire also is the Clinical Care Coordinator for the PsychOncology Clinic in the Comprehensive Cancer Center. She serves as the content expert on the UMHS closed circuit TV network's Relaxation Channel, and was the lead clinician on mCancer TV, the Cancer Center's new patient waiting area environment program.

This event is brought to you by the Fleming Wellness Committee

<http://fleming.bf.umich.edu/wellnesscommittee/>