

Hoag Healing: Breast Cancer Survivors

Heal • Educate • Empower



Healing Massage for Survivors

We believe in the healing properties of massage therapy. Licensed and oncology certified therapists provide safe and gentle massages during and after cancer treatment. Benefits of massage include: reduced pain, fatigue, stress, anxiety and nausea and improved sleep, mobility, and range of motion.

Individual Session 1 hr. \$89 | Buy 5, get 6th free \$445
Gratuity is not accepted.

Acupuncture Relief for Breast Healing

Acupuncture can be effective for nausea, fatigue, hot flashes, and vomiting caused by cancer treatment. It may also help relieve pain from surgical scars, help reduce pain, provide improved immune function and may help with anxiety and insomnia.

Evaluation & first visit \$165 | Follow-up \$105

Healing Yoga

Yoga provides numerous physical and mental benefits while improving emotional well-being. Studies prove yoga counteracts fatigue related to radiation and chemo. We offer gentle yoga classes for every level. Please note, anyone can attend these classes. Bring your breast friend.

Classes 1 hr. \$15

continued on reverse

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Mindfulness Strategies for Thrivers

Survivors and their families will gain tools through meditation and mindfulness practices to help cope with stress, boost immunity, enhance sleep quality, reduce pain, and improve overall well-being. Benefits can be realized throughout your journey.

Individual session 1 hr. \$139

Personalized Fitness Coach

Fitness is an important part of health and wellness. It can lower your risk of recurrence, ease treatment side effects and boost your energy. We offer one-on-one fitness sessions that are tailored to your needs and lifestyle, encouraging long-term healthy lifestyle changes.

Individual session 1 hr. \$90

Nutrition to Reduce Breast Cancer Risk

Our registered dietitian will help you understand dietary modifications and foods to avoid that can reduce your risk of future cancer and promote overall health.

Individual consultation 30 min. \$79

Intimacy After Breast Cancer

We offer one-one counseling services with an AASECT-Certified Sex Therapist who can help you navigate changes from chemo and anti-estrogen therapy, related to intimacy and your relationship.

Treatment session \$210

Healing the Mind and Soul

Our licensed psychologist specializing in helping women diagnosed with breast cancer provides tools to cope with stress of diagnosis and active treatment and living with fear of recurrence.

Treatment session \$210

Life Coaching

Our certified life coach will help you map out a plan for improved health, wellness and quality of life. You will receive guidance in a variety of areas including goal setting, nutrition, stress management and self-appreciation.

Individual session 1 hr. \$139

LOCATIONS:

Newport Beach: 500 Superior Ave., Suite 315

Irvine: 16305 Sand Canyon Ave., Suite 210