



PLEASE JOIN US FOR ...

The Seven Levels of Healing®

An Education & Support Program for Skillfully & Effectively Navigating the Journey Through Cancer

The Seven Levels of Healing is a ground-breaking education and support program created by Jeremy Geffen, MD, FACP. Dr. Geffen is a board-certified medical oncologist, a leading expert in integrative medicine and oncology, and author of the highly acclaimed book, *The Journey Through Cancer: Healing & Transforming the Whole Person*, and audio program, *The Seven Levels of Healing*.

The Seven Levels of Healing program assists patients and family members to skillfully and effectively navigate the journey through cancer. It addresses every aspect of the healing journey and provides clear direction for finding meaning, hope, and practical solutions at every step along the way.

Here is a summary of the Seven Levels:

- Level 1: EDUCATION AND INFORMATION** provides basic knowledge and information about cancer and the latest treatment options.
- Level 2: CONNECTION WITH OTHERS** focuses on the need for and benefits of a strong support network on the journey through cancer.
- Level 3: THE BODY AS GARDEN** explores the safe and effective use of complementary therapies, and invites patients and families to regard the body as a sacred and wondrously complex garden rather than just a machine.
- Level 4: EMOTIONAL HEALING** helps patients and families deal effectively with the emotional issues and challenges often encountered when dealing with cancer.
- Level 5: THE NATURE OF MIND** explores how our thoughts and beliefs—and the meanings we give to events—influence every aspect of our experience on the journey through cancer, and indeed life itself.
- Level 6: LIFE ASSESSMENT** assists patients and family members to discover the deepest meaning and purpose of their lives, and their most important goals. What do we want to accomplish, experience, and share with others?
- Level 7: THE NATURE OF SPIRIT** connects patients and loved ones to the profoundly healing spiritual dimension of life that we all share.

The Seven Levels of Healing is a seven-week program offered in weekly two-hour sessions, one afternoon or evening per week. It is free to adults touched by cancer in any way, and one of the levels is explored at each weekly session. Patients, family members, friends, health professionals, and others are invited to attend a two-hour Introductory Session and may then enroll in the seven-week Program. Please contact a facilitator at the RMCC site most convenient to you for information about registration, and for Introductory Session and Program dates and times.

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We look forward to seeing you at this powerful Program!