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PATIENT & CAREGIVER EDUCATION

# Integrative Management of Insomnia

In this lecture we will present integrative treatment options that may be useful for both short- and long-term sleep interruptions. This session will include chair yoga to help relax the body and prepare for a good night's sleep.

## Audience

The workshop is for those who have been treated for cancer. No observers, please, without prior approval.

5:30 - 7:00 p.m.