

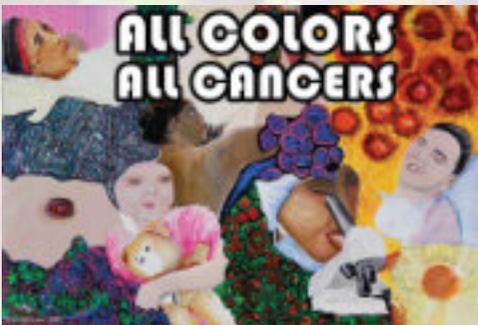
Garden Party in the Orchard



Images of Hope's funding comes from individuals, families, organizations, and our local fundraising events like our **Garden Party in the Orchard** on the first Saturday in June.

Of course, you can donate any time! See below for information.

We wouldn't be here without the support of our community. Our heartfelt thanks to our supporters who make this possible!



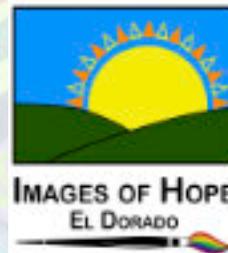
Make a Tax Deductible Donation via Marshall Foundation for Community Health's website:

www.MarshallFound.org/donate-now/

Make sure to specify **Images of Hope** in the "Designation" area on the website.

Pink in the Night

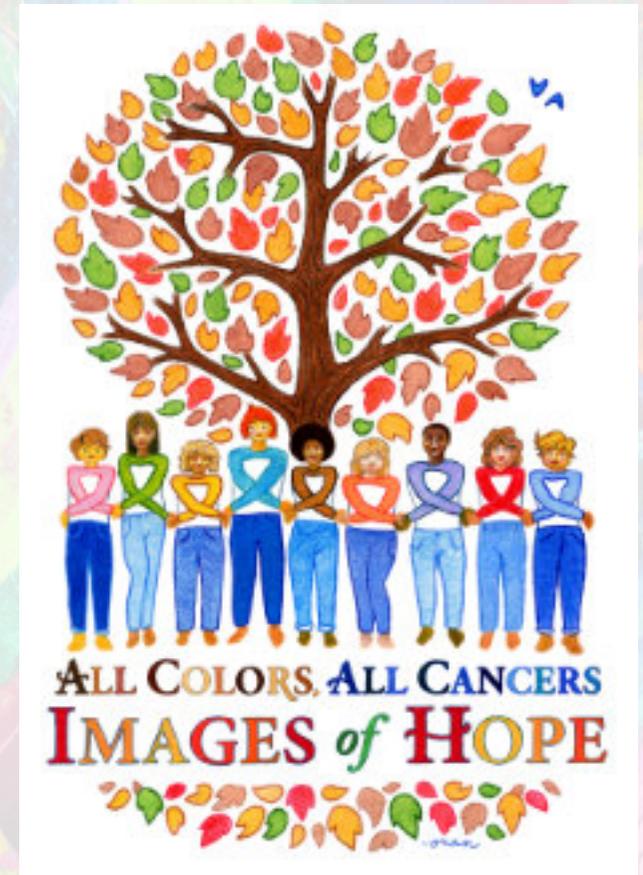
Pink in the Night is a month-long cancer awareness campaign undertaken by IOH throughout the month of October in conjunction with the nationally recognized breast cancer awareness month. IOH hopes to raise awareness of all the services it has to offer along with raising awareness for all cancer screenings and early testing.



Images of Hope
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[Facebook.com/ImagesofHope](https://www.facebook.com/ImagesofHope)
ImagesOfHopeElDorado.org



Providing healing activities to Anyone In El Dorado County impacted by Cancer.

Images of Hope El Dorado strives to promote awareness, activities, events, and on-going support for our community.

We are committed to providing the connection between art therapy and supportive services that aid in the healing process for those whose lives have been affected by cancer.

Check our website for the most current information and schedule of classes.

ImagesOfHopeElDorado.org



Images of Hope Mission

Creating opportunities where cancer patients, their family members, teachers and community can come participate in all aspects of the arts. To foster an environment where creativity can flourish with Hope-Healing-Here.

"I am so grateful that I have been introduced to Images of Hope and the programs provided. There are not enough words to let you know how these programs have enhanced my life."

Karen Wood

"If I had to pick one blessing that Images of Hope has given me, I would say their encouragement, hope, love, and support is what has carried through this cancer journey. The classes they have provided have allowed me to develop relationships I could never find anywhere else."

Donelle Meniketti

"Through its many classes & offerings, Images of Hope has bestowed upon us the truly amazing gift of not just an "image", but the actual road map & experience of how to thrive "in spite of" cancer. I am deeply grateful; to everyone who has generously supported this endeavor."

Denise Hansen



Images of Hope Programs

Healing Arts

Images of Hope normally has various Art Therapy classes going on. Classes range from oil painting to watercolor to pottery. Call for more information.

Healing Movement

The Healing Movement classes include a variety of courses focused on healing movement and restorative poses. Increase your range of motion with these nurturing practices such as:

- **Gentle Yoga** – Yoga classes for help with healing and relaxation
- **iRest Yoga Nidra** – a research-based transformative practice of deep relaxation and meditative inquiry
- **Synergy Pilates** – Experience how these low impact exercises help develop strength, flexibility, and balance
- **Qigong** – a relaxing, healing form of movement that can be done by people of all ages and abilities either standing up or sitting down

Mindfulness-Based Stress Reduction Program

This is a 6-week program designed to teach mind and body awareness techniques to help cope with the physical and psychological symptoms due to stress, pain and illness.

Tranquil Journeys

Tranquil Journeys helps you reconnect with your inner peace and relax to the sounds of Tibetan singing bowls. Each session explores self-help stress-reduction methods, acupressure, or energy healing. Inspirational meditations like guided imagery, poetry & mantras that will be used along with the sounds of the bowls to create an environment for inner healing.



"Another class I so look forward to is Tranquil Journeys. Jennifer and Allison put so much into this important hour. Learning more stress-relief techniques and wonderful meditations that I use almost daily."

Joey Ames

"These classes present a peaceful and relaxed atmosphere, where students learn the arts of incorporating mind, body and spirit into gentle mindful movement, each at their own pace. It has been extremely helpful to me to learn how to listen to my own body so I can treat it in a more loving way, both in and out of class."

Jeannie Battersby



Other Programs for Patients & Family Members

- Oncology Massage
- Music for patients at the infusion center
- Equine Therapy with *Windows to My Soul*
- Occasional day trips & outdoor activities