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Cancer center offers cancer survivors lecture on mind-body medicine

Dr. Jeff Matranga, a psychologist at Health Psych Maine and MaineGeneral Medical Center will speak Wednesday, July 15 about how mind-body techniques such as guided imagery, relaxation, laughter and meditation can reduce pain, strengthen cancer patients' immune systems and enhance their quality of life.

The 6-9 p.m. lecture in the Prescott Room at the Harold Alfond Center for Cancer Care, 361 Old Belgrade Road, Augusta is free and open to the public.

For more information or to register, call Donna Walsh at 626-4857 or e-mail donna.walsh@mainegeneral.org.