



Cancer Resource Centre

May 19, 2015

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RESOURCE CENTRE GARDEN BLOOMS WITH CREATIVE IDEAS

MUNSTER - A special garden walk and program hosted by the Cancer Resource Centre promises to offer an abundance of creative ideas from 10 am to 1 pm on Saturday, July 18. "The Art of Balance" is the theme of this special program to be held at the [June Hawk-Franklin Garden of Meditation and Healing](#) at the Cancer Resource Centre in Munster.

Inspirations from the Garden offers the community an opportunity to tour the beautiful healing water garden of the Cancer Resource Centre, as well as view demonstrations that include rock balancing, Ikebana, chi gong and crystal bowl sound healing, and attend lectures on herbs and essential oils. Guest Artist Shari Smith LeMonnier, of Munster, will use the healing garden as her inspiration for a painting she'll create at the event. LeMonnier's spiritual and peace related paintings have been recognized by the Middle East Council of Churches, the Embassy of Afghanistan and the White House.

Michael Grab, of Gravity Glue, will share his artistry and unique stone balancing creations that he has created around the world. Practicing this ancient skill of stone balancing, Grab will demonstrate his art in the healing garden. His work, which inspires a sense that anything is possible, can be seen at: www.gravityglue.com. Visitors will enjoy witnessing his meditative creative process of balancing stones in such a way that they appear to be joined by glue.

Lisa Sagami will demonstrate Ikebana, a traditional art of Japan that has been practiced for more than 600 years emphasizing form and balance. She is a member of the Chicago Chapter of Ikebana International, a non-profit cultural organization dedicated to the promotion and appreciation of Ikebana. This Japanese art of flower arranging has strong symbolic and philosophical overtones, and is admired for the sense of harmony it evokes among the materials used, the container and the setting.

Demonstrations of the healing arts of chi gong and crystal bowl sound healing will be offered by the staff from the Cancer Resource Centre. Senior Yoga Instructor Andy Wichlinski, will demonstrate chi gong, a gentle form of exercise that improves health and overall well-being. Group Facilitator Pam Kozy, RMT, IARP, will provide visitors with an opportunity to use sound bowls. Ancient in origin, these "singing bowls" use intricate sounds to promote healing. Chi gong and crystal bowl sound healing are among the mind-body programs offered at the Cancer Resource Centre free of charge to cancer patients and their loved ones.

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Additional presentations include talks on “The Gift of Healing Herbs” presented by Vickie Jostes, Master Gardener and Master Naturalist who is passionate about the natural world and “Essential Oils for Health and Wellness” presented by Kryz Stevens, mom, wife and IT professional who is healthier today than ever before using essential oils.

Sponsors who help make this program possible are: *The Times* newspaper, Genetech, Southlake Limo, Fairfield Inn & Suites and volunteers from the Friends of the Cancer Resource Centre.

Tickets purchased in advance are \$10, available from the Cancer Resource Centre, 926 Ridge Road in Munster or from the gift shops of Community Hospital in Munster; St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart or at the office of Community Foundation of Northwest Indiana, 905 Ridge Road, Munster. Tickets purchased at the event are \$12. All proceeds benefit the Cancer Resource Centre, which offers free support, education and mind/body programs to help patients with cancer and their loved ones cope with a diagnosis of cancer. For more information call the Cancer Resource Centre at 219-836-3349.