

# TAROT:

## GUIDANCE FOR YOUR HEALING JOURNEY

This 6-week course will use tarot to guide you on our own unique journey of healing. Each week we will use the cards to identify an emerging theme that we'll individually and collectively explore through journaling, guided visualization, gentle movement and more.

No tarot experience needed.

Please bring a notebook or journal and tarot cards if you have them. Tarot decks available if needed.

Led by Julia Hesse, innovative tarot teacher and creator of the Living Tarot Oracle™



**6-week Course**  
**Thursdays**  
**Feb 7-March 14**



**6 pm – 7:30 pm**



**This is a free class open to community members, CMH staff and patients**



**Please register at the CMH Cancer Center Resource Center or call 503-338-4520**

Minimum needed to hold class. Please Register!

**CMH-OHSU KNIGHT  
CANCER COLLABORATIVE**

Activities Classroom 128  
1905 Exchange Street  
Astoria, OR 97103  
503-338-4520