

Tapping Tuesdays

BRAIN TUMOR AWARENESS MONTH

Join Pacific Neuroscience Institute and Saint John's Health Center for a series of in-person touch tapping classes with Rebecca Crane-Okada, PhD, RN. No registration required.

Touching Tapping

*Tuesday, May 2nd & 16th | 12:30-1:30 PM PST
Flora Thornton Conference Room (4th floor)
Providence Saint John's Health Center*

Learn about touch tapping and guided meditation through fingerholds to improve your overall health, boost your energy levels, reduce anxiety and stress, minimize insomnia, and increase a sense of calm.

Your Coach



Rebecca Crane-Okada, PhD, RN is an advanced oncology certified nurse with over 40 years in cancer care, trained Reiki Master, and spiritual director.



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