

Mind

Body

Spirit

Soul

Harmony

Joy

Love

Peace

ANESTHESIOLOGY & PERIOPERATIVE CARE

UC IRVINE • HEALTHCARE

Discover • Teach • Heal

PREPARING FOR SURGERY MIND, BODY AND SPIRIT

Increase your knowledge of anesthesia and surgery and learn relaxation techniques to promote wellness.

**Free sessions first and third Monday of each month
3:00 p.m. - 4:30 p.m.**

UC Irvine Douglas Hospital, 3rd Floor, Room 3001

101 The City Drive, Orange, CA 92868

Two hours free parking with validation. Park in medical center structure off Dawn Way.

YOU WILL LEARN ABOUT:

- ✿ Anesthesia, surgery and pain management strategies
- ✿ What to expect at the hospital before, during and after surgery
- ✿ The connection between emotional well-being and health and healing
- ✿ Relaxation techniques—guided imagery and yoga breathing techniques that you can do yourself
- ✿ What you can do to best prepare for your surgery
- ✿ Support services that are available

All workshops are taught by UC Irvine anesthesia and perioperative physicians and nurses. Call toll free **877.UCI.DOCS (877.824.3627)** for dates and to register. Your support person is welcome to attend.