



Picture Yourself Well

**What people say about the
Heal Faster Surgery
Preparation Workshop:**

**“I learned how to relax and
visualize my recovery-one
step at a time.”**

**“I was able to return to
work two weeks after my
total knee replacement.”**

**“I highly recommend this
class. It helped me shift
my focus on the result
rather than my worries.”**

**“I require that all my
patient’s take this class
before surgery. They are
more relaxed, use less pain
medication, and heal
faster.” (Reno surgeon)**

Learn Ways To:

- Heal faster
- Reduce anxiety
- Use less pain medication
- Experience the intended results

Resources:

Spontaneous Healing of Belief

Gregg Braden

*Healing Words, The Power of
Prayer The Practice of
Medicine*

Larry Dossey, MD,

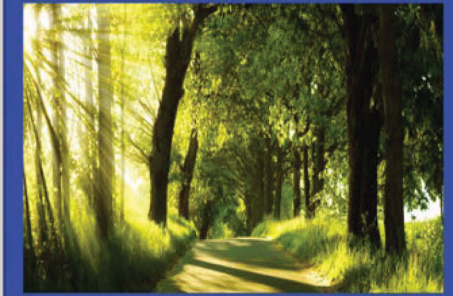
*Prepare for Surgery, Heal
Faster* Dr. Peggy Huddleston,

*The Biology of Belief,
Unleashing the Power of
Consciousness, Matter, and
Miracles*

Bruce H. Lipton, Ph.D.

***All healing is coming
home to the Self.***

Dr. Barbara Brennan



Step Into Wellness

With

Sue Cacibauda, RN

Heal Faster

**Surgery
Preparation**

Workshop



Hansa Wellness Studio

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www.hansawellnessstudio.net

775-722-2863

You Will Learn 5 Steps To Recover Faster



YOU MAY CHOOSE TO:

1. Feel more relaxed and comfortable
2. Use positive images to visualize your recovery
3. Receive support from loved ones
4. Use positive healing statements
5. Be well with practice

Heal Faster Surgery Preparation Workshop



Hansa Wellness Studio

**Call, text, or email Sue
to schedule your
personalized**

**Heal Faster Workshop
appointment**

775-722-2863

\$100.00

Includes Relaxation CD



**Sue Cacibauda, RN, LMT,
Brennan Healing Practitioner**

Sue created Hansa Wellness Studio where she works with clients' energy to achieve balance using hands-on energy methods. Sue uses a holistic approach that inspires collaboration in one's healing process. Her clients report feeling more connected to their body, deeply relaxed, invigorated, and more creative.

Sue's passion is teaching healing workshops and preparing clients for elective surgery. She does this by drawing on her four decades as a registered nurse, four-years of energy healing training, and years of metaphysical practices.