

# Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

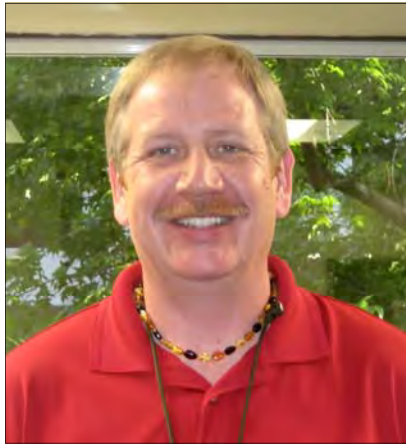
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## Eric Jaeger on Healing Touch



**Eric Jaeger BSN, RN, PHN, CCRP**

For the first 15 years of my nursing career I worked in emergency medicine, working in multiple emergency rooms throughout OC and Southern California. I have worked in the cardiac cath lab since 2006 and in Jan. 2013 I transferred to the cardiac rehab. I have been fascinated with the mind-body connection since I was very young and continue to study such topics as hypnosis, neuro-linguistic programming, massage, meditation, and neuro-feedback. We all know and see in our daily lives that the mind through "negative thinking" or being in the "stress response" can damage our bodies. If that is true, what can we do on a daily basis to use this same power to heal our bodies? I want to use an experiential example of what we can do to ease our stress and heal our bodies.



*Don't forget the program starts at 7:00 pm, Wednesday  
June 21st at the Conference Center.*

*Come early for a seat as the program is always very popular  
and the public is invited. Refreshments start at 6:30 pm.*

**Location:**

**Mission Hospital Conference Center  
26726 Crown Valley Parkway  
Mission Viejo, CA**

FOR THE HEART PATIENT AND THEIR FAMILIES