

Jin Shin Jyutsu

In partnership with Turning Point: The Center for Hope and Healing

An introduction to the ancient art of harmonizing life energy in the body

Jin Shin Jyutsu is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. Participants learn this gentle art, practiced by placing the fingertips (over clothing) on designated safety energy locks on the body. Many have found Jin Shin Jyutsu to be helpful in reducing the side effects of chemotherapy, balancing emotions, reducing recovery time after surgery and helping with pain and symptom management. This tool is simple, easy to learn and can be used anytime, anywhere. It is not a movement class, as it is done while seated.

The instructor is Liz Paugoulatos, NCTMB, co-founder of Turning Point: The Center for Hope and Healing.

To register for this program, call Sami Papacek at 913.577.5834 or email Sami at spapacek@kumc.edu

Jin Shin Jyutsu Sessions

Monday, March 12

11 a.m. – 12 p.m.

KCCC — South (101st Terr. and Holmes)



Join the KCCC Wellness Program

At KCCC, we offer a wide variety of workshops, support groups and educational materials as part of our exceptional Wellness Program. You see, we believe cancer is more than a diagnosis and a treatment—it's a journey. And we want to make the journey as uplifting as possible for our patients, families and friends.

Your KCCC Wellness Program Manager Sami Papacek

Oncology Exercise Specialist

Sami Papacek develops onsite Wellness Programs for KCCC patients, caregivers and families. Her goal is to educate, empower and enhance those on the cancer journey, every step of the way. She has worked in oncology since 2004, focusing on prevention and survivorship. Sami is a certified cancer exercise specialist, personal trainer and wellness educator with more than 15 years in the fitness field.



Sami Papacek

Wellness Program Manager
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