

Mease donates albums to Gilda's Club

Cheyenne Mease, owner of Health, Heart, Soul LLC and energy medicine practitioner, has contributed meditation workshops and 100 Evelyn's Way guided relaxation and healing albums to Gilda's Club Delaware Valley.

Gilda's Club is a free cancer support community for men, women and children living with any type of cancer including their family members and friends.

Mease is an expert in Polarity Therapy, Cranioscaral Therapy, Reflexology, Verbal-dialogue, Shamanic Healing, Polarity Exercise, Aquacise, Yoga and Qi Gong. She also provides various guided relaxation and healing CD's one of which is titled "Evelyn's Way- You are in Charge" for those handling devastating illnesses.

According to cancer survivor Evelyn, to whom the CD is dedicated, Mease's album is "wonderful for pre or post operative surgery, during on-going treatments or in the middle of difficult times when one is in need of support.

The monetary value of the donation of 100 "Evelyn's Way" albums is being matched by an anonymous Bucks County philanthropist.

According to Gilda's Club Delaware Valley Program Director Kelly Harris, "Cheyenne contributions to Gilda's Club have benefited many people Her vast skill is the healing arts are immensely valued by many people who come to Gilda's Club.

To contact Mease, call 610-346-9566 or email Cheyenne@healthheartsoul.com. For more information visit www.gildasclubdelval.org.



Figure 1