

COPING CIRCLE WORKSHOP SERIES: WAYS TO WELLNESS - MINDFUL MEDITATION



CANCERcare®

Over 75 Years of Help and Hope

CancerCare's Coping Circle Community Programs is proud to present a series of national virtual workshops



Christine Calafiore, MSW, LSW
Oncology Social Worker



Nikki Molfetas, MSW, LSW
Oncology Social Worker

Experience mindfulness and mediation practices as guided by Nikki Molfetas, MSW, LSW and Certified Meditation and Mindfulness Teacher.

This program is open to national clients and is free, but pre-registration via Zoom is required.

START DATE

THURSDAY, MAY 11, 2023 from 6 p.m. - 7:30 p.m. ET

This workshop will be educational and experiential with the use of mindfulness and meditation practices. This is for all ages and abilities. You will be able to do the exercises sitting, standing or laying down, whatever is most comfortable and relaxing for you. This workshop will be for patients and/or their loved ones to receive information and useful tools that may be helpful with coping through the cancer journey and beyond.

**Register
Today!**



To learn more, visit www.cancercare.org or call **800-813-HOPE (4673)**.

Facebook: facebook.com/cancercare | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare