



**CANCERcare**<sup>®</sup>  
Help and Hope

## FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include counseling, support groups, educational publications, workshops and financial assistance. All of our services are provided by professional oncology social workers and are offered completely free of charge. To learn more, visit [www.cancercare.org](http://www.cancercare.org).

## CONNECT WITH US



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**BLOG**  
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[www.youtube.com/cancercareinc](http://www.youtube.com/cancercareinc)



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**CancerCare<sup>®</sup> National Office**  
275 Seventh Avenue  
New York, NY 10001  
800-813-HOPE (4673)



# Meditation Groups

## Thursday Evenings

**January 8, 2015 – April 30, 2015**

**May 14, 2015 – August 27, 2015**

**September 17, 2015 – December 17, 2015**

**Meditation can be helpful in lessening the impact of stress and strengthening our ability to cope with the hills and valleys of living with the cancer experience. Come and learn simple meditation techniques that may help you relax, refresh, and renew your body and soul. This group is open to anyone who has been touched by cancer.**

### TIME

6:00 – 7:30 p.m.

### LOCATION

CancerCare's New Jersey Office  
141 Dayton St.  
Suite 201  
Ridgewood, NJ 07450

*After completion  
come new beginnings.  
To gain strength,  
renew the root.*

365 Tao  
Daily Meditations  
Deng Ming-Dao

### FOR MORE INFORMATION, CONTACT

Glenn Meuche, MSW, CancerCare at **201-301-6816** or  
[gmeuche@cancercare.org](mailto:gmeuche@cancercare.org).

**This program is free, but pre-registration is required.**