



CANCERcare®
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 workshops, publications 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.

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CancerCare® National Office
275 Seventh Avenue
New York, NY 10001
800-813-HOPE (4673)



Super Hero Yoga & Comic Creations!

Saturday, October 24, 2015

Calling all super heroes! Come learn to tap into your own innate super powers and create your own unique comic super hero.

CHARACTERISTICS OF A SUPER HERO:

Bravery	Overcomes problems
Courage	Awesome!
Strong in mind and body	

Join us for a morning of creativity and fun. Parents/adults will have the opportunity to meet in a support group while the children/teens experience yoga and a comic creations workshop.

WHO CAN ATTEND?

All Healing Hearts Camp families and any family with children/teens who have lost a loved one to cancer within the past two years. Light breakfast will be offered.

TIME

9:00 – 11:30 a.m.

LOCATION

Our Lady of Mount Carmel Church (church hall meeting area)
1 Passaic St.
Ridgewood, NJ 07450

FOR MORE INFORMATION

Please contact Ariana Parmese at 800-813-4673 ext. 6808 or aparmese@cancercare.org to register.

Registration is required by October 2, 2015.