



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.cancercares.org.

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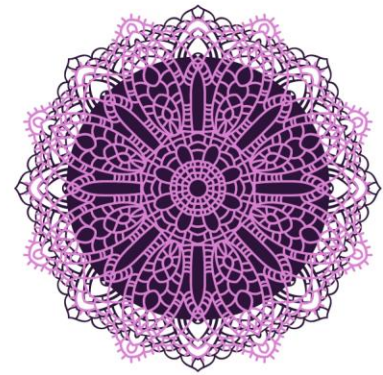
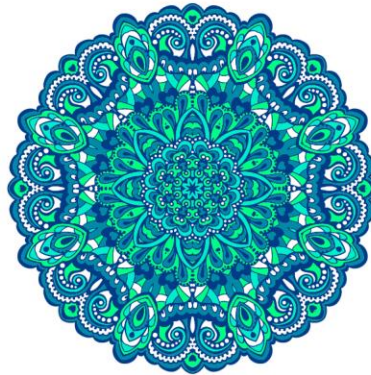


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Meditative Mandalas: Coping with Cancer through Relaxation Techniques

Wednesday, March 15, 2017

Cancer and its treatment can be stressful for people with cancer as well as for their caregivers and loved ones. This workshop will include an introduction to relaxation techniques that can help calm the body and mind, including the use of coloring mandalas and other intricate patterns. The workshop will also include an informational overview of financial and support service programs offered by CancerCare.

TIME

11:00am-12:00 p.m.

LOCATION

**Stamford Senior Center
888 Washington Blvd.
2nd. Floor
Stamford, CT 06901**

FOR MORE INFORMATION, CONTACT

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