



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)



Meditation: The Practice of Being Relaxed and Aware

Thursday, June 22, 2017

Stress is an inherent side effect of being diagnosed with cancer: stress of disease, treatment, side effects, and myriad of ways cancer impacts one physically, emotionally and spiritually. Not only patients but families and loved ones as well. This workshop will use meditation as a tool to balance the stress of cancer.

It is open to beginners and experienced meditators and will explain the practice of meditation as well as include experiential activities so attendees can leave with practical exercises. Handouts will be provided. Just bring your stress and an open mind and be prepared to relax.

TIME

12:30–1:30 p.m.

LOCATION

CancerCare's National Office
275 Seventh Avenue
New York, NY 10001

FOR MORE INFORMATION OR TO REGISTER,

email communityprograms@cancercare.org or
call 212-712-8359.

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