



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



Mind Body Spirit Meditation Workshop

Tuesday, March 20, 2018

Research has indicated that meditation can be helpful in strengthening our ability to cope with the stress of living with a cancer diagnosis. CancerCare in response to these studies has created a mind-body-spirit program for patients, caregivers and the bereaved who discover themselves challenged by cancer or who may be experiencing the loss of someone from cancer. Through guided imagery, visualization, and simple meditation techniques, participants will open the door to self-care and learn ways to help them relax, refresh, and renew their body and soul. These groups will be held once every other month and are open to patients, caregivers and the bereaved whose lives have been touched by cancer. *Beginners are welcome. No experience is necessary.*

TIME

5:30 - 6:30 p.m.

LOCATION

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

FOR MORE INFORMATION, CONTACT

Richard Dickens, LCSW-R, CancerCare at rdickens@cancercares.org or 212-712-6126.

Glenn Meuche, LCSW, CancerCare at gmeuche@cancercares.org or 212-712-6138.

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

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