



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
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New York, NY 10001
800-813-HOPE (4673)



Mindful Hour Workshop Series

Introduction to Meditation:

Deep Relaxation Sound Healing

October 10, 2019

The second part of the Mindfulness workshop series will focus on deep relaxation sound healing. This session will be led by Virginia Smith, LMT, who has specialized Certifications in Qigong, Sound Healing, Yoga and Energy Healing. The session will enable participants to experience a deep state of peace and relaxation.

CancerCare is recruiting for a monthly workshop on Thursday evenings starting in Fall 2019. The workshops will focus on enhancing knowledge and relaxation through the use of different methods including positive psychology, zentangling, reiki, deep relaxation, spirituality and more.

WHO SHOULD ATTEND

Anyone touched by cancer including patients, caregivers and bereaved.

TIME

5:30 p.m. to 7 p.m.

LOCATION

CancerCare's New Jersey Office
1 Kalisa Way
Suite 205
Paramus, NJ 07652

FOR MORE INFORMATION OR TO REGISTER, CONTACT

Christine Calafiore, LSW, at 201-301-6804 or ccalafiore@cancercares.org, or Erin Murphy-Wilczek, LSW, at 201-301-6805 or emurphy@cancercares.org.

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