



**CANCERcare**<sup>®</sup>  
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](http://www.cancercares.org).

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**CancerCare<sup>®</sup> National Office**  
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# Mindful Hour Workshop Series

## Trauma & Terrain - How Acupuncture Can Help

### Thursday, December 12, 2019

**The next session of the Mindfulness Workshop Series will focus on the effects of stress on the body. This session will be led by Evan Chait, PT, L.Ac, who is a licensed Physical Therapist and Licensed Acupuncturist. The session will enable participants to discuss how the stress of coping with cancer may impact their body and ways acupuncture can help.**

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

### WHO SHOULD ATTEND

Anyone touched by cancer including patients, caregivers and bereaved.

### LOCATION

CancerCare  
One Kalisa Way, Suite 205  
Paramus, NJ 07652

### TIME

5:30 p.m. – 7:00 p.m.

### FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT

Christine Calafiore, LSW, at  
201-301-6804 or [ccalafiore@cancercares.org](mailto:ccalafiore@cancercares.org)

Erin Murphy-Wilczek, LSW, at  
201-301-6805 or [emurphy@cancercares.org](mailto:emurphy@cancercares.org)

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