



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)



Mindful Hour Workshop Series Reiki

Thursday, January 9, 2020

The next session of the Mindfulness Workshop Series will focus on stress reduction and relaxation through the use of Reiki. This session will be led by Lourdes Andryszczak who is a Reiki Master. In this session, participants will learn how Reiki is used as a healing technique that helps release stress, improve sleep and help to release pain. For this session attendees may want to wear comfortable clothing.

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, Qi gong, Reiki, 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, CONTACT

Christine Calafiore, LSW, at
201-301-6804 or ccalafiore@cancercares.org

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