



**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](http://www.cancercares.org).

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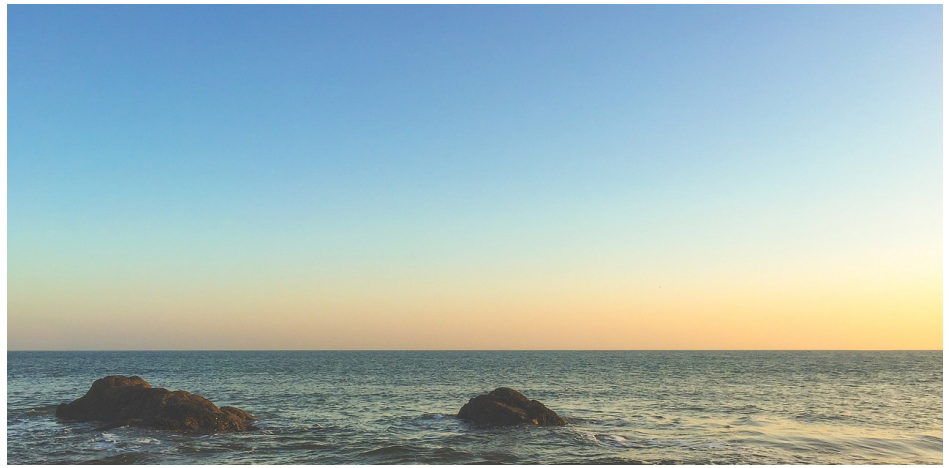
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New York, NY 10001  
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# Mindful Hour Workshop Series: Qigong

## Thursday, February 13, 2020

**The next session of the Mindful Hour Workshop Series will focus on Qigong, which is an ancient healing practice focusing on a specific system of breathing, movement and sound aimed at releasing energetic knots caused by trauma, physical imbalances and environmental stress. This session will be led by Kevyn Kennedy, LMSW, Medical Qigong Teacher and returning presenter Virginia Smith, LMT who holds special certifications in Qigong, Sound Healing, Yoga and Energy Healing. In this session, participants will learn how Qigong is used to advance the free flow of Qi, helping to release internal knots and promote healing. Participants should dress comfortably.**

***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, Qigong, Reiki, spirituality, acupuncture, and more.***

## WHO SHOULD ATTEND

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