

# Navigating Emotions: Jin Shin Jyutsu & Meditation

*In-Person Workshop for Caregivers*



CANCERcare®



**CancerCare is partnering with Suzanne Barron, a Jin Shin Jyutsu and yoga teacher, and meditation & mindset coach to provide a free workshop on Jin Shin Jyutsu and mediation techniques. Jin Shin Jyutsu is a relaxation art that includes healing practice through the utilization of breath work and gentle self-touch.**

**This program is open to caregivers who are residents of New York and New Jersey.**

## DATE & TIME

**MONDAY, JUNE 29, 2026, 5:30 - 6:30 P.M. ET**

**Enjoy light refreshments!**

## LOCATION

NJ CancerCare Office  
1 Kalisa Way, Suite 205,  
Paramus, NJ 07652

## PLAN ON ATTENDING?

Registration is required. For more information or to register, contact Nikki Molfetas at [nmolfetas@cancercare.org](mailto:nmolfetas@cancercare.org) or call CancerCare's Hopeline at 800-813-HOPE (4673).

**Register  
Today!**



To learn more, visit [www.cancercare.org](http://www.cancercare.org) or call **800-813-HOPE (4673)**.

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