



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.cancercare.org.

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CancerCare[®] National Office
275 Seventh Avenue
New York, NY 10001
800-813-HOPE (4673)



Meditation Groups

Tuesday Evenings

February 23, 2016 – May 10, 2016

(No Meditation Group on March 15)

Meditation can be helpful in lessening the impact of stress and strengthening our ability to cope with the hills and valleys of living with the cancer experience. Come and learn simple meditation techniques that may help you relax, refresh, and renew your body and soul. This group is open to anyone who has been touched by cancer.

TIME

5:30 – 7:00 p.m.

LOCATION

CancerCare's National Office
275 Seventh Avenue
New York, NY 10001

*After completion
come new beginnings.
To gain strength,
renew the root.*

365 Tao
Daily Meditations
Deng Ming-Dao

FOR MORE INFORMATION, CONTACT

Glenn Meuche, MSW, CancerCare at **212-712-6138** or
gmeuche@cancercare.org.

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