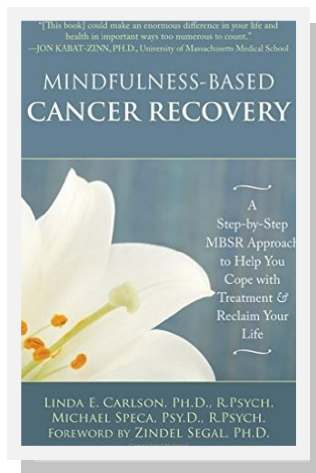


Mindfulness-Based Cancer Recovery

A SIX-WEEK SERIES FOR PATIENTS AND CAREGIVERS



Wednesday, January 9, 16, 23, 30,

February 6, and 13

2:30-4 PM

Life with Cancer Family Center

8411 Pennell Street

Fairfax, VA 22031

In this six-week series you'll learn practices that focus on the connection and integration of the mind and body to effect changes on physical, emotional, and spiritual levels for the purpose of promoting health and well-being.

You will learn to:

- use proven Mindfulness-Based Stress Reduction skills during your healing and recovery
- boost your immune function through meditation and healing yoga
- calm feelings of fear, uncertainty, and lack of control
- discover your own capacity for healing and thriving after adversity

Participation requires:

- Regular attendance
- Purchase of book Mindfulness-Based Cancer Recovery prior to first class (available on Amazon)
- Reading assigned chapters in the book, Mindfulness-Based Cancer Recovery prior to class
- Home meditation practice.

Community support makes it possible for Life with Cancer to offer classes and groups at no cost to individuals impacted by cancer.

Space is limited and advance registration is required at ww.lifewithcancer.org or by calling 703.698.2526