Mindfulness-Based Stress Reduction

If you have a **cancer diagnosis** and are interested in learning to **meditate**, the Department of Psychosocial Resources of the Tom Baker Cancer Centre is offering an 8-week **Mindfulness** – **Based Stress Reduction Program.**

Classes are open to cancer patients and their support persons.





Participants will learn about the mutual influence of **mind** and **body** through practical instruction and experiential learning. Specific skills will be taught and practiced, including:

- ☐ Mindfulness Meditation
- ☐ Gentle Yoga Stretches
- ☐ Breath Awareness & Usage
- ☐ Relaxation
- ☐ Visualization
- ☐ Cognitive Coping

In order for you to receive **maximum benefit,** you will be encouraged to develop and implement a plan of homebased meditation practice.

Use of these practices allows most participants to reduce levels of experienced distress, improve mood and vigour and feel a sense of personal participation in improving their health and well-being.

There is no cost to you for participation.



To obtain more information or to register, please contact:

Department of Psychosocial Resources Tom Baker Cancer Centre Holy Cross Site (403) 355-3207

When:

Programs are held in the Fall, Winter, and Spring.

Please call for class dates and times.

Contact 403-355-3207

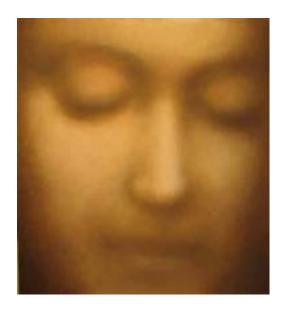
Where:

Tom Baker Cancer Centre Holy Cross Site

2202-2nd St SW

Calgary, AB





Department of Psychosocial Resources

Tom Baker Cancer Centre Holy Cross Site 2202 - 2nd Street SW Calgary, AB T2S 3C1

For additional information, please call 403-355-3207

Mindfulness-**Based Stress** Reduction Program

Program Information Wednesday's 9:30-11:00am

Or Wednesday's 7:00-8:30pm

> Tom Baker **Cancer Centre**

