

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 home-based 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**

