

Drop-In Mindfulness Meditation Practice



Support and Counselling

**Weekly practice
for mindfulness
meditation**



CancerControl Alberta

**Department of
Psychosocial Oncology**

Helping You Live Well with Cancer

Program Details

Who can attend?

Patients or support people who have some basic meditation experience (or have taken the Mindfulness-Based Cancer Recovery Program).

When is the program held?

Thursdays 1:30 pm – 3:00 pm

Where will it be held?

Holy Cross Centre
2210 2nd Street SW
Reach Centre Room 2314

What will be covered?

- General discussion and motivation
- Simple yoga poses (for those who are able)
- Meditation practice

Who is it led by?

Professionally led by psychosocial counsellors.

For more information

403-355-3207

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