

Join us for our monthly

# Mindfulness Meditation

FOR CANCER SURVIVORS

Mindfulness Meditation is an integrative therapy that may be helpful for anxiety, depression, trauma, distress, cognitive function, fatigue, sleep disorders, and more!

**Fourth Tuesday of every month**  
**Online via WebEx**  
**11:00 am - 12:00 pm**  
**Call 691-8914 for information**



**THE QUEEN'S  
HEALTH SYSTEM**

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**CANCER CENTER**