

Join us in January!!

Natural Healing and Self Care

Discover calm and harmony through...
Mindfulness Meditation

Mindfulness is the natural state of living moment by moment
empowering balance of mind, body, and spirit...
supporting your body's ability to heal...

Research has shown that the practice of Mindfulness Meditation helps in a variety of
medical conditions. It is especially helpful for those dealing with cancer.

One participant shared: "I am thrilled by the Mindfulness program, as it enables me to lay
down the heavy burden of cancer for up to 30 minutes at a time... Your program has opened
wonderful doors of relief for me."

Mindfulness Based Cancer Survivorship (MBCS)®

Eight Group Sessions -- \$90

Tuesday 6 - 7:30 PM

(January 6, 13, 20, 27, February 3, 10, 17, 24)

Physicians Care - 805 Montague Avenue, Ste A

Presented by...

Nurse Navigators 4 Integrative Healing

www.nursenavigators4integrativehealing.org

Sponsored by...

Jed Graham, MD

www.gwdpc.com

Physicians
Walk In Clinic  Care

To register call or email:

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