

Mindfulness Tools for Health and Wellness

Based on the Mindfulness-Based Stress Reduction (MBSR) program

All Cancer patients/survivors and family/friends are invited to attend a 8-week class being offered in the Fall, October – December, 2016.

No cost to Participants.

THIS CLASS CAN HELP YOU...

- Strengthen your ability to cope with the difficulties of illness
- Learn mind and body mindfulness practices to reduce stress and anxiety
- Support your own healing journey

INFORMATION SESSION:

Monday, October 10, 2016, 6:00 p.m. – 7:30 p.m.

In this Information Session, you will learn about the 8-week class and have the chance to register for the class. If you are unable to attend an Information Session, you can still register for the class.

FALL CLASSES: (8-WEEKS)

Mondays, October 24, 31

November 7, 14, 21, 28

December 5, 12

Time of classes: October 24, 5:00 p.m. – 8:00 p.m.

All other classes 5:00 p.m. – 7:30 p.m.

ONE DAY RETREAT (included in class):

Saturday, November 19

Time of retreat: a six-hour retreat will be held from 9:00 a.m. – 3:00 p.m.

There is no cost to attend these classes, which are supported through the generosity of the Cancer Patient Support Foundation. www.cpsfvf.org or 802-488-5495.



**Cancer
Patient
Support
FOUNDATION**

SIGN UP FOR INFO SESSION/CLASS:

To sign up for the Information Session, register for class and/or to learn more about these classes, contact:

Roz Grossman at roz@mindfulstressrelief.net or call 802-233-2461.

DIRECTIONS:

Info Session and class are held in the McClure Lobby Conference room. Park in the hospital garage and take hallway to McClure Elevators. Go to the Lobby. The room is the first door on right past the entrance. The class is Accessible. Parking vouchers are available for all classes.

"I truly wasn't sure meditation/yoga, being mindful in the moment would work but I stuck with it and it really does work...I feel my anxiety level has decreased significantly. This was a great class!"

MARCIA D., WORKSHOP PARTICIPANT



ROZ GROSSMAN MA provides a safe, caring atmosphere in her classes and brings compassion from her own journey of healing from cancer. Roz has been teaching Mindfulness Tools in partnership with the Vermont Cancer Center at the University of Vermont Medical Center since 2010. Roz is certified in the Mindfulness-Based Stress Reduction (MBSR) Program and has a background in health education and nursing.

YU-JING SUN PhD (Sunny) will be assisting Roz in the class. Sunny is an Assistant Professor and cancer researcher at UVM School of Medicine and the Vermont Cancer Center. She is an MBSR and yoga teacher.