

Mindfulness Tools for Health and Wellness

SPRING CLASSES

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



Cancer
Patient
Support
FOUNDATION

TWO 8-WEEK WORKSHOPS are being offered in the Spring 2017. All Cancer patients/survivors and family/friends are invited to attend .

No cost to Participants.

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.

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:

Information Session Monday, April 3, 5:30 - 7:00 p.m.

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

EVENING CLASS:

Mondays: 5:00 - 7:30 p.m. unless indicated otherwise
April 17th (5:00 - 8:00 p.m.), 24th, May 1st, 9th (Tue.), 15th, 22nd, 30th (Tue.) & June 5th

DAY CLASS:

Fridays: 9:00 - 11:30 a.m. unless indicated otherwise
April 21st (8:30 - 11:30 a.m.), 28th, May 5th, 12th, 19th, 26th, 31st (Wed.) & June 9th

A six-hour retreat for both classes will be held on Saturday, May 20 from 9:00 a.m. - 3:00 p.m.

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. 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 University of 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 University of Vermont Cancer Center at the University of Vermont Medical Center. She is an MBSR and yoga teacher.