

Mindfulness Meditation - Online



Cancer Supportive Care Program

The experience of living with cancer can be stressful mentally, emotionally and physically. Creating a regular meditation practice has been scientifically proven to reduce stress and anxiety. Come and receive instruction and practice in this blend of ancient wisdom traditions and modern neuroscientific research. Enjoy the peace and power of taking a pause in your day and learning valuable new skills that will serve you during treatment and beyond. Beginners welcome.

Registration required. Click [REGISTER](#) or call us.

Day:	Every Monday <i>No class: 11/23, 12/21, 12/28</i>	Every Tuesday <i>No class: 11/24, 12/22, 12/29</i>	Every Thursday <i>No class: 11/26, 12/24, 12/31</i>
Time:	12:00pm – 1:00pm REGISTER	3:30pm – 4:30pm REGISTER	2:00pm – 3:00pm REGISTER
Location:	Zoom		
Questions:	Call 650-725-9456 or 669-233-2807		
Website:	www.stanfordhealthcare.org/cancersupportivecare		

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all patients regardless of where they receive their care.