



Mindfulness-Based **CANCER RECOVERY**

...To Help Cope with Cancer and Treatment

- **An 8-week program in English, open to anyone who is currently undergoing treatment for Cancer in the Geneva/Vaud area.**

Learn More About:

- ▶ **Mindfulness and Cancer**
- ▶ **Stress and Cancer**
- ▶ **Coping with and Responding to Stress**
- ▶ **Coping with Symptoms and Side Effects**
- ▶ **Working with Difficult Emotions**
- ▶ **Calming the Anxious Mind**

Using Techniques Such As:

- ▶ **Breathing Skills**
- ▶ **Mindfulness Meditation**
- ▶ **Yoga and Stretching**
- ▶ **Visualization and Imagery**

When: For 8 consecutive weeks:
Tuesdays from Jan 24 – Mar 13 from Noon-2pm

Where: Venue within 10 minutes of the UN, to be decided according to group size.

Cost: Donation of 100 chf to ESCA

Facilitators: Thea Marais and Raynelle Arcaini

Contact: Please confirm your adherence no later than **Jan 16**
To: Raynelle Arcaini at raynelle21@live.com