



MIND OVER MATTER

This FREE on-line 5-session program for people affected by cancer uses evidence-based strategies to help decrease feelings of anxiety and depression and increase a sense of well-being. The program teaches tools for managing strong feelings and emotions that often accompany a cancer diagnosis and treatment. Learn how a few basic skills can facilitate a greater sense of control and promote healthier functioning. Each week new tools using cognitive and behavioral approaches and mind/body strategies will be introduced and practiced, therefore weekly attendance is expected.

Space is limited, registration ends on 7/21/22



*Increase your
sense of
well-being!*

**A FREE on-line
workshop for anyone
affected by cancer**

**Tuesdays: 9/6, 9/13,
9/20, 9/27, 10/4/22**

Time: 6:30-8:00pm

*This 5-session program
was developed by Inova*



For further information:

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