



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

Learn about the fundamentals of Mindfulness and Self-Compassion and hear from other Cancer Survivors how implementing these practices helped them after their cancer diagnosis.

## **Introduction to the Benefits of Mindfulness & Self-Compassion** After a Cancer Diagnosis

**Wednesday**

**March 17, 2021**

**10am-Noon**

Research shows that implementing mindfulness & self-compassion in one's daily life can improve well-being through a range of benefits such as reduced stress, better sleep quality, improved concentration and mood, and enhanced interpersonal relationships.

**Registration is required  
as space is limited!**

Please join us for this **FREE** 2-hour introductory on-line workshop to learn more about the fundamentals and benefits of mindfulness & self-compassion and how these practices can support people in their everyday life after a cancer diagnosis.

**For further details or to register:**

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