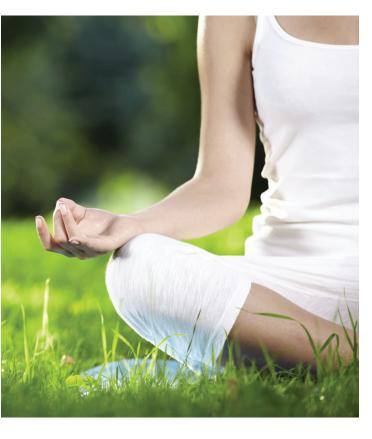
Mindful Meditation

An Ally In Your Cancer Recovery



Guided by: Ellen LaRocca, LMT, CPSM Certified Meditation Instructor and longtime retreat facilitator Free Classes Offered Weekly on Monday: 10:30 – 11:30 a.m.

Paul D. Cordes Outpatient Pavilion 16300 Highway 1085, Covington

These free stress management classes help you learn to use the power of your mind to fight disease, boost your immune system, find strengths, make the best of treatments and meet the challenges a significant illness brings. The classes will introduce various meditation, guided-imagery and simple relaxation techniques. Participants may start at any time.

This class is open to:

- Individuals with a cancer diagnosis and their caregivers
- Other participants interested in health and wellness
- Healthcare professionals



To register or for more information, call 985-373-6089.