

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



www.stph.org/CancerCenter

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