



Mindfulness Based Stress Reduction

The 8 week mindfulness based stress reduction program offers practical instruction and experiential learning of mindfulness practices that can help reduce stress and improve mood. Learn how to engage the mind-body connection.

8 Week Course*

May 9th to June 27th, 2019

Thursdays 1:15pm – 3:30pm

Open to people with cancer and their support person(s)

**For information and to register contact the
Patient and Family Counselling department at
250-712-3963 or 1-888-563-7773**

*Individuals are required to attend all 8 sessions.

**BC
CAN
CER**

Provincial Health Services Authority