

The background of the entire page is a light blue water splash. In the lower-left quadrant, there is a large, detailed splash of water with many droplets and ripples. Above this splash, there are two large, smooth, spherical water droplets, one above the other, positioned to the left of the main title. The overall aesthetic is clean and fresh, with a focus on water.

# Introduction to Mindfulness Based Stress Reduction

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

**November 20<sup>th</sup> at 1:15pm - 3:30pm**

**AND**

**November 27<sup>th</sup> at 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**

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Provincial Health Services Authority