



Cancer Survivors & Caregivers Workshop

Harmony Hill Retreat Center &
St. Anthony Hospital are pleased to offer:

MINDFULNESS MEDITATION: Mindfulness meditation practice is becoming increasingly popular as a scientifically proven way to aid in healing from illness and to mitigate the effects of stress from our modern way of life. In this class, participants will engage in simple mindfulness practices such as yoga and sitting meditation and learn simple ways to incorporate mindfulness into daily life. Participants will learn why mindfulness is “good medicine” for the body and soul and will be introduced to helpful ways to start their own mindfulness practice.

Facilitator: J Fields

This workshop is available at no cost thanks to the sponsorship of Franciscan Health System.

DATE:

**Wednesday,
November 18**

TIME:

12:00pm - 3:00pm

LOCATION:

St. Anthony Hospital
Cancer Center Classroom
The Jane Thompson Russell
Cancer Care Center
11511 Canterwood Blvd NW
Gig Harbor, WA 98332
253-530-2642

REGISTRATION IS FREE

You can register online at our website:

www.harmonyhill.org

or contact Harmony Hill

360.898.2363 ext. 13 or email us at

programs@harmonyhill.org


LUNCH PROVIDED

by St. Anthony Hospital



Franciscan

Franciscan Health System



Harmony Hill

Life is not about waiting
for the storms to pass,
it's about learning to
dance in the rain.