



# *Meditation and Relaxation Workshop*

*2nd & 4th Wednesday of every month  
1:00-2:00 p.m.*

*Studies have found that mindfulness-based meditation can improve mood, fatigue and feelings of stress in people with all types of cancer. Guided imagery and relaxation have also been shown to result in beneficial changes in immune system function. In this class, we will explore different meditation techniques that students can integrate into their daily lives and various breathing techniques that they can practice at home.*

*The class will include a guided deep relaxation session.*

*Come prepared to relax and renew your mind, body and spirit!*

*Instructor **Anna Low** is a Certified Integral Yoga Instructor and a Registered Yoga Teacher.*

*Sessions are **FREE**, please call Cindy Vasquez at 817-921-0653 for more information.*

*Prior meditation experience is not required.*

*The class is open to anyone with a current, or past, cancer diagnosis and their caregivers.*



**Cancer Care Services**  
the caring place

**623 South Henderson  
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