OFFERED WITHOUT COST TO CANCER PATIENTS AND THEIR LOVED ONES

Guided Meditation

FACILITATED BY:
Constance Hart

Constance has been teaching meditation practices and leading guided meditations for over thirty years. Her wellness programs provide tools that help to enhance one's well-being, support a healthy mindset, and experience true holistic wellness.

Hearst Cancer Resource Center invites you to create balance in your life

First Wednesday of every month
5:00 to 6:00 p.m. - Via Zoom

offered by:

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201, San Luis Obispo

Cancer patients, survivors and their families who meditate often notice a renewed sense of balance with improved health, vitality and serenity. But it can be tough to meditate without a teacher or guide. Guided meditations walk participants through a meditation to help them find a peaceful state—one step at a time. Join us for a moment of calmness and experience the benefits of a guided meditation for yourself.

Benefits of Meditation:

- Creates a relaxed mind and body state
- Reduces pain sensitivity
- Improves immune system function
- Increases focus and ability to be present in the moment
- Lowers blood pressure

RSVPs required. 805.542.6234 or email: HCRC@dignityhealth.org

Dignity Health
French Hospital Medical Center

Hearst Cancer Resource Center