FREE EDUCATIONAL EVENT

The Hearst Cancer Resource Center is pleased to present

Mindfulness Skills

for Resilience and Joy

Wednesday, August 4, 2021
10:00 to 11:30 am

This is a Virtual/Zoom group activity

Reservations required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org

Mick Malotte, MD
Certified teacher of MBSR

■ Mick was trained to teach classical mindfulness meditation through Spirit Rock Meditation Center. Mick is a certified teacher of Mindfulness-Based Stress Reduction, trained through the UCSD's Mindfulness-Based Professional Training Institute. He's also an instructor at UCSF's Center for Mindfulness in Surgery and leads mindfulness trainings for physicians.

What is mindfulness? How can it reduce stress and promote joy?

Mindfulness-Based Stress Reduction (MBSR) helps people use their own internal resources to respond more skillfully to stress, physical and psychological conditions. Benefits are seen with just a few minutes of meditation practice each day together with bringing the practice into normal daily activities. Please join us for this special presentation by Dr. Malotte to learn more and discover how to cultivate mindfulness in your daily life.

This program is made possible through the support of the Martin Hulburd Family Cancer Education Fund and offered free, as a community service.

Dignity Health™
French Hospital Medical Center

Hearst Cancer Resource Center

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