



Department of Psychosocial and Spiritual Resources
Cross Cancer Institute

Relaxation Drop-in Session for Cancer Patients and Their Caregivers

DESCRIPTION

To engage participants in different stress reduction and relaxation techniques. These drop-in sessions provide you with some quiet time to decrease stress levels, increase feelings of calm, and enhance your sense of well-being.

DATE AND TIME

60 minute sessions are held on Mondays from 1:00 to 2:00 p.m.

LOCATION

Department of Psychosocial and Spiritual Resources, Group Room 1043.

PRE-REGISTRATION IS REQUIRED.

For further information and to register, contact:
Department of Psychosocial and Spiritual Resources
Cross Cancer Institute
Phone: (780) 432-8703/8704