



Mindfulness-based Stress Reduction (MBSR)

**For people with cancer
and their loved ones**

Thursdays 6:30-8:30pm

Orientation-September 15th

September 29th thru November 17th

(plus Saturday November 5 9am-4pm)

Please register by September 12th

Facilitated by

Dr. Carmelina D'Arro

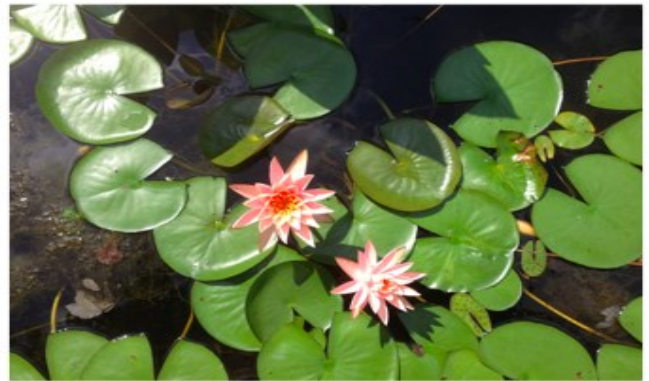
www.providerhealthyself.org

Cancer Support Community

4810 Lancaster Pike

Wilmington, DE 19807

(302) 995-2850



Benefits include:

- * increased calm
- * better sleep
- * more energy
- * decreased physical pain

“...associated with significantly reduced symptoms of anxiety and depression from pre- to post treatment” in adult cancer patients. *J Consult Clin Psychol.* 2012 Dec-80 (6):1007-20. The effect of mindfulness-based therapy on symptoms of anxiety and depression in adult cancer patients and survivors: a systematic review and meta-analysis.

Piet J1, Würtzen H, Zachariae R.