



# MindCAN Mindfulness for Wellness

Are you coping effectively and living well with cancer? Are you troubled or stressed by the burden of the disease on yourself, or on your loved one if you are the caregiver? **"Mindfulness"** is a skill that can be cultivated to help you better manage many aspects of your life.

## CLASSES

1. Mindful management of your stress
2. Mindful body and sensations
3. Mindful Emotions: Calmness and composure
4. Mindfulness: The powerful mind

\*Contact Health Resource Centre for class schedule

## CLASS FEES: \$10 per class



Please Note:

- This programme is open to cancer patients, survivors and their caregivers only.
- Classes conducted at the Health Resource Centre @ NUH Medical Centre, located at Level 10, Corridor G of the NUH Medical Centre.

Email [ncishrc@nuhs.edu.sg](mailto:ncishrc@nuhs.edu.sg) or call 9836 8204 to register!