



MIND BODY CLASSES

MIND BODY SERIES “Awakening the Body”

Wednesdays, July 20, 27 - 1:30 - 3:30 PM

This series with **Gabriel Rocco**, MA, instructs participants in practices to soothe the body, focus attention, and renew energy.

MIND BODY SERIES “Resting the Mind”

Wednesdays, August 3, 10, 17, 24, 31 - 1:30 - 3:30 PM

In this busy world it is not always easy to slow down. This series with **Gabriel Rocco**, MA, will examine the process of mindfulness and how it can enable one to achieve rest and focus among the stress of day to day living.

MIND BODY APPROACHES TO WELLNESS

Saturday, August 6 - 10:00 AM - 2:00 PM

Gabriel Rocco, M.A., leads this special workshop that explores mind/body/emotion interactions. Participate in exercises that utilize breathing, relaxation, and meditation practices. Learn how mind body practices have the potential to support our capacity to live with difficulties and the unpredictable nature of cancer in everyday life. **RSVP** by August 4.

Please bring your lunch.

www.cancersupport-phila.org

215-879-7733



PHILADELPHIA

Formerly The Wellness Community of Philadelphia

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive
Philadelphia, PA 19131

The Cancer Support Community of Philadelphia is dedicated to providing, at no cost to members, a comprehensive and professional program of emotional support and education designed to enhance the mind, body, and spirit of people whose lives have been impacted by cancer.