



MIND BODY CLASSES

Gabriel Rocco, MA, Instructor

Mind Body Series: Mindful Eating

Wednesdays, January 11, 18, 25 - 1:30 - 3:30 PM

"Mindful Eating" is an approach that involves bringing one's full attention to the process of eating - to the tastes, smells, thoughts, and feelings that arise during a meal - and transforms your inner critic into a more compassionate nutritional ally.

MIND BODY SERIES: "COMFORTABLE WITH UNCERTAINTY"

Wednesdays, February 1, 8, 15, 22, 29 - 1:30 - 3:30 PM

This program based on the book of the same name by Pema Chodron, offers support through meditation and awareness practices to nurture a deep trust in ourselves and the confidence to face the challenges of living with a serious illness.

MIND BODY APPROACHES TO WELLNESS

Saturday, February 25 - 10:00 AM - 2:00 PM

This special workshop 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. **Please RSVP by February 22. Please bring your lunch.**

www.cancersupport-phila.org

215-879-7733

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.



**CANCER SUPPORT
COMMUNITY.**

PHILADELPHIA

Formerly The Wellness Community of Philadelphia

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