

All John Stoddard Cancer Center support groups, patients and caregivers are invited to attend a virtual Cancer Survivorship Education Series on the role of meditation and mindfulness in reducing our stress and improving our overall wellbeing.

The Role of Meditation and Mindfulness in Self-Care

Presenter: Dr. Andy Nish, Medical Director at John Stoddard Cancer Center

Date & Time: Tuesday, October 27 from 5:30-6:30 p.m.

This program will be held virtually via Zoom. The Zoom link will be emailed on October 27 to those who have registered.

Register at www.johnstoddardcancer.org under “Classes and Events” or call 515-241-8505 if planning to attend.

