

THE CENTER FOR INTEGRATIVE CARE  
**HEALING MEDITATION PROGRAM**

**FRIDAYS 1:30pm to 3:00pm**

NO CHARGE AND DROP INS ARE WELCOME

**Held in the Community Room, 1<sup>st</sup> floor, Tebo Family Medical Pavilion**

Chair seating is available but you are welcome to bring a cushion or mat and blanket for sitting/lying on the floor.



This program is designed for people experiencing all stages of cancer: recent diagnosis, in treatment, reintegrating back into life, or caring for a loved one with cancer. We will work with a series of healing meditations, contemplations and other exercises to reduce stress and support our natural healing capacity.

**Facilitator Fay Octavia Elliott, MDiv. Candidate**

Fay is a chaplain at the Shambhala Meditation Center. She has been teaching Mindfulness-Based Stress Reduction and meditation for over ten years. She developed and started teaching this program last year while completing chemotherapy and radiation treatment for a reoccurrence of breast cancer.

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