



# Mindfulness and meditation-

Start date: 8/26/2019 7:00 PM

End date: 8/26/2019 8:30 PM

Join us for a series to help you develop tools to enhance the healing process. Learn to incorporate techniques such as imagery, strengthening your will to live through visualization, learning and relaxation techniques. Mondays at 7 p.m. Join us for a series to help you develop tools to enhance the healing process. Learn to incorporate techniques such as imagery, strengthening your will to live through visualization, learning and relaxation techniques.

Registration: Registration is not required.

Cost: This support group is free and open to the public.

Location: For full location address, please click the pin on the map below.

Questions? Please call 704-384-5223 for more information.

Event location:

Novant Health Buddy Kemp Cancer Support Center

242 S Colonial Ave

Charlotte, North Carolina 28207

United States