

Mindfulness Tools for Health and Wellness for ALL Cancer Patients, Caregivers, Providers

Free 8-week class, September 13—November 1, 2022

This is an ONLINE class

You'll learn gentle mindfulness practices that include meditation, movement (including chair yoga) and ways to reduce stress. No experience necessary. All are welcome!

*"The Victoria Buffum Endowment removes financial barriers so anyone can benefit from this wonderful cancer support program...**this class was the calm and grounding I needed.**" Celeste P., class participant*

CLASS SCHEDULE

ORIENTATION SESSION: **August 30**

Tuesday, 5:00-6:30

You will learn details, have an opportunity to ask questions, and can register for the class.

8-WEEK CLASS (Including one Saturday retreat*)

Weekly classes meet on Tuesdays from 5:30 pm – 8:00 pm

September 13, 20, 27

October 4, 11, 18, 25

November 1

*Saturday Retreat (part of the class) 10:00 am – 2:00 pm, 10/22

MINDFULNESS CLASS INSTRUCTOR

Donna Smith, PT, DPT provides a safe and caring atmosphere in her classes, holding space that respects diverse experiences. She is a qualified Mindfulness-Based Stress Reduction teacher through the UMASS Center for Mindfulness and continues advanced instructor training at the Brown University Mindfulness Center.

Mindfulness Tools is based on the Mindfulness-Based Stress Reduction (MBSR) program created by Jon Kabat-Zinn, PhD.

MBSR is taught in many cancer centers and hospitals.

TO SIGN UP OR FOR MORE INFORMATION CONTACT:

Donna Smith:

donna.smith@med.uvm.edu

828-450-4250 (c)

LOCATION

ONLINE: ZOOM platform

THERE IS NO COST TO ATTEND

This class is provided through the generosity of the Victoria Buffum Endowed Fund.



UVMHealth.org/CancerCenter

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