



Mindfulness Mondays Drop-In Sessions

Mindfulness Mondays are back! Drop-in mindfulness sessions will be held by Casey Nelson, MSW, bi-weekly on Mondays to promote relaxation into the start of your evening.

The sessions will lead patients, caregivers, and family members through guided mindfulness practices to utilize when enduring diagnosis, treatment, or any life stressor that may cause adversity. The sessions will have a focus on Mindfulness-Based Stress Reduction and Acceptance and Commitment Therapy approaches.

Where:

Virtual on Zoom - Link will be sent upon RSVP

When:

Biweekly - Every other Monday beginning April 22nd

Time - 4:00pm - 4:30pm

RSVP:

Email - Casey.Nelson@usoncology.com to register

If you are interested in taking a few moments out of your day to relax and recharge, consider registering today!