



Managing Stress and Anxiety After Cancer Diagnosis: A Mindfulness Approach

We hope you can join us for this informative online program!

SPEAKER



Dr. Lisa Moore, PT

Certified Cancer Rehab Professional
Reach Cancer Rehab and Wellness

PROGRAM

Please join LLS for a free virtual education program for patients and their families. Participants will learn to use mindfulness principles to manage the stress and anxiety that can occur after a cancer diagnosis. You will gain a better understanding of the impact of stress on your health and wellbeing. Several simple techniques will be presented to help mind and body achieve a more healing and restorative state. Participants will leave this talk with tools and resources for immediate application.

Caregivers and family members are encouraged to attend!

VIRTUAL/ONLINE AND PHONE EDUCATION PROGRAM

Optimal viewing for this program is on a computer or mobile device using the Zoom application. Audio only is an option. Email required to register and participate in the program. If you do not have a valid email address, please call the staff person listed on the sidebar to register.

**BEATING
CANCER
IS IN
OUR BLOOD.**

The mission of The Leukemia & Lymphoma Society (LLS) is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Find out more at www.LLS.org.

FRIDAY

September 24, 2021
12:00PM – 1:00PM (PT)

REGISTRATION INFORMATION

This is a **FREE virtual program** for all patients and caregivers. Each person participating should register separately.

Login and call-in information will be provided to all participants after registering.

PRE-REGISTRATION IS REQUIRED



SCAN QR CODE

ONLINE REGISTRATION

<https://na.eventscloud.com/drlisa>

For more information or for assistance for people with disabilities please use the contact information below.

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With Local Support From:

