



Meditation Workshop

For Women Living With Cancer

A four-session workshop presented by
Chun Kim-Levin, MPA, RN, HN-BC, CYT

4 Tuesday evenings from 6:30-7:30pm
February 23, March 2, March 9 and March 16, 2010
Mahopac Public Library
Mahopac, NY

Have you ever wondered:

- *What it would be like to experience the “meditative state”?*
- *What is the right meditation technique for you?*
- *Is there a simple way to practice meditation?*
- *Can you learn to meditate without feeling like it’s “one more thing” to do?*

Then this workshop is for you!!

Meditation includes a wide range of techniques you can use any time, in any way, and anywhere.

Experience the benefits of meditation as Instructor Chun Kim-Levin gently guides you in the different ways to practice meditation.

Advance Registration is required.

A \$10 fee is requested at registration. This fee will be returned provided you attend.

To Register, or
for more information

call

Support Connection
914-962-6402

or

1-800-532-4290