

## Mindful Meditation with Addie deHilster

Join Addie for beginner-friendly meditation practices with tips and techniques to help you find your way into your mindfulness practice.



This class is for cancer patients, family, and caregivers. Each class will also include a little mindful movement to help facilitate relaxation and stillness.

Mindfulness can help you grow more resilient to stress, become less reactive, feel more balanced in your emotions, sleep better, improve focus and memory, and be more present with others. With consistent practice you change your brain, quieting mechanisms of fear and worry, while growing areas of the brain related to compassion and connection.

**When:** Thursdays from 5:15 - 6:15 p.m.

**Where:** Virtual via Zoom

**Registration:** Scan the QR code or visit [www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

Taught by Addie deHilster, Certified Mindfulness Meditation Teacher, Yoga Therapist, and Certified Qigong instructor.



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