

# Stress Reduction



## Mindfully Celebrating Our Earth



A Free In-Person Workshop Presented by  
**Cancer Support Community Atlanta**



We are all encouraged to be more mindful for happiness and healing. Spend part of Earth Day with the Earth through connection with her with your 5 senses. If weather permits, we will be outside in our courtyards for a few minutes. Through touch we will conclude our time with the creation of clay ornaments/medallions/pendants to remind you of your connection to the earth. Bring a playful spirit and natural objects (think leaves, sticks, nut shells) with texture share with the group. No art experience necessary.

We validate parking, so bring your ticket in with you. Our suite is located below the main lobby in Building 2.

*Facilitated by: Dana Kuehn, LPC*  
**Monday, April 22**  
**11:00am-1:00pm**  
**In-person only**

Register in advance for this program on our website at:

[www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar)



Registration

*This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.*



phone 404.843.1880 • fax 404.843.1780  
1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342

[www.cscatlanta.org](http://www.cscatlanta.org)

