

# Stress Reduction



## Guided Meditation



A Free Virtual Workshop Presented by  
**Cancer Support Community Atlanta**

Join us on Zoom for thirty minutes of meditation for anyone touched by cancer. Each week, we explore different meditation practices, including guided imagery and mindfulness meditation. This class is perfect for beginners, as well as people who want to deepen their meditation practice, and anyone curious about the healing benefits of mindfulness. Mindfulness is a tool that has proven to be effective for managing stress, fear, and pain, while decreasing anxiety and improving well-being.



**Presented by Rebecca Leary,  
NMT, RYT500, C-IAYT, CMLDT, YACEP**  
**Every Friday, 12:00pm - 12:30pm**

Register in advance for these programs on our website at:

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

After registering, you will receive a confirmation email containing information about joining the program.

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



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