



# Introduction to Breathing Techniques

## Virtual Only



at Cancer Support Community Atlanta

Anxious about your upcoming scan? Nervous for your first treatment? Having trouble falling and staying asleep? Breathing techniques offer a quick and easy way to practice mindfulness. Learning and practicing different breathing techniques will allow you to relax your muscles, calm your mind, boost your immune system, and reduce fear of the “unknown.” Together we will add new tools to your treatment toolbox that you can practice anytime and anywhere.



Led by: Bev Stegman, CR, RYT  
Every Monday  
12:00pm - 12:30pm Virtually

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.



Registration



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)

