

Stress Reduction



Mind/Body/Breath Retreat



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

Join Cancer Support Community Atlanta for a Mind/Body/Breath Retreat. During this retreat we will focus on relaxation and rejuvenation. Together we will participate in a gentle yoga class, a guided meditation, and enjoy lunch as a group.

This program is open to participants who are in active treatment as well as survivors. If you have already attended the retreat, please email Lauren at lauren@cscatlanta.org to be placed on the waiting list.



Presented by Rebecca Leary,
NMT, RYT500, C-IAYT, CMLDT, YACEP
Friday, April 26, 10:30am–1:15pm
In-Person Only

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

Register in advance for this program on our website at:

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

