

Winter 2024

Mindfulness-Based Cancer Recovery

Living Well With and Beyond Cancer

An 8-Week online program

- Tuesdays, 9-11am CT
- February 27 – April 16, 2024
- Retreat day, Sunday, April 7

MBCR is open to cancer patients and survivors, and their support network.

Created by leading psycho-oncologists, the program is a therapeutic combination of mindfulness meditation, gentle yoga, and simple practices designed to support letting go of fears, concerns, and focus on living well.

Research shows that learning skills for managing stress and anxiety can improve your quality of life and help you become an active participant in your own recovery and survivorship.

This pilot program is subsidized by generous donations to the Mindfulness Program. Space is limited.

\$125 standard fee

\$65 supported fee (*discount code on website*)

Instructor: Valeria Galetto, PhD

Info/Registration: uwhealth.org/mindfulness



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UW Health Mindfulness Program
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