

# MIND OVER CANCER

## A Mindfulness-Based Cancer Recovery Program

A cancer diagnosis can be devastating. The treatments and/or fear of relapse can lead to overwhelming feelings of anxiety and stress. These feelings can be hard for others to understand and difficult to communicate to family and friends.

Mind Over Cancer is a 4-session, online program designed to support you through the experience of cancer. Whether you are in active treatment, recovery, or caring for someone with cancer, this program teaches techniques that enable you to lessen the effects of worrisome thoughts and strong emotions.

**\$20 for the entire course**

*Payment and pre-registration is required for all attendees.*

Call to enroll today!  
**858-616-5600**



Scan for schedule!



## 2026 Session Dates

**Mondays 1:00-2:30 p.m.**

- January 5<sup>th</sup> – February 2<sup>nd</sup>
- March 2<sup>nd</sup> – March 23<sup>rd</sup>
- April 6<sup>th</sup> – April 27<sup>th</sup>
- May 4<sup>th</sup> – June 1<sup>st</sup>
- June 8<sup>th</sup> – June 29<sup>th</sup>
- July 6<sup>th</sup> – July 27<sup>th</sup>
- August 3<sup>rd</sup> – August 24<sup>th</sup>
- September 14<sup>th</sup> – October 5<sup>th</sup>
- October 12<sup>th</sup> – November 2<sup>nd</sup>
- November 9<sup>th</sup> – November 30<sup>th</sup>

POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER



[positivechoice.org/mind-over-cancer](https://positivechoice.org/mind-over-cancer)