BEYOND PINK TEAM
ALL CANCER SUPPORT GROUP

MEET, MINGLE AND LEARN EVENT

Topic: Mindful Meditation

Speaker: Rev. Carol Teare, MDiv

Date: Tuesday, January 18, 2022

T**ime**: 5:30-7:00 PM

Location: Zoom (call Angela to have a link emailed to you)

This is a **FREE EVENT** and open to all women living with cancer. UNFORTUNATELY, COVID-19 cases in Black Hawk County have forced us to go **virtual** again. Carol Teare will join us at 6 pm and take us through a guided stress reduction exercise. We could all use more relaxation right now! Come and go as your schedule allows, we just want to touch base and see how everyone is wethering this difficult time apart!

CALL ANGELA AT 319-231-3143 FOR MORE DETAILS