

Cancer Support and Wellness Series

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**Second Monday of each month,
starting January 2018**

10 a.m. to noon
Free class series

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Fun and educational classes will be offered to cancer patients, family members and the community to promote health and quality of life. Classes are free, but seating is limited. Snacks and refreshments will be provided on a first-come first-served basis.

Class topics will include:

- › Palliative Care
- › Healthy Eating
- › Medical Marijuana and Cancer
- › Mindful and Gentle Yoga
- › Harnessing Your Inner Energy (Tai Chi, Qigong)
- › Meditation and Relaxation Practices
- › Enhancing Sleep
- › Breathing for Health
- › Touch Therapies
- › Botanical Medicine
- › Art and Health
- › Advanced Care Planning

A voluntary questionnaire will be given at the end of all classes to evaluate the effectiveness of this series.



The Conference Center at Wilmot Gardens
University of Florida
2023 SW Mowry Road, Gainesville, FL 32611

Parking:

Wilmot Gardens visitors can park in the small, handicap-accessible parking lot next to the conference center. Additional parking is available in the West Garage, located at the northwest corner of Archer Road and Center Drive, across from the Dental Tower. Parking vouchers will be provided.



Integrative Medicine • Palliative Care

**For more information, please contact Megan Freed at 352.294.8278
or by email at megan.freed@medicine.ufl.edu.**