

MANAGING FEAR: MINDFULNESS AFTER A CANCER DIAGNOSIS

WITH JODI PUHALLA, BSW &
ROBERT LONSDORF

ONLINE EVERY TUESDAY FROM
4:30-5:30 PM
FOR PATIENTS AND CAREGIVERS

A cancer diagnosis can be life-altering, often bringing intense fear, anxiety, and uncertainty. Managing Fear: Mindfulness After a Cancer Diagnosis offers a compassionate and practical guide to navigating these emotions through mindfulness practices. This resource is designed to help individuals ground themselves in the present moment, reduce overwhelming stress, and find emotional balance during a deeply challenging time. Whether newly diagnosed, in treatment, or in recovery, readers will discover tools to acknowledge their fears without being controlled by them, fostering a sense of calm, resilience, and inner strength as they move forward on their journey.

September 9th, 4:30-5:30 pm

September 16th, 4:30-5:30 pm

September 23rd, 4:30-5:30pm

September 30th, 4:30-5:30pm

PLEASE SELECT DATE TO SEE MORE INFORMATION
ON OUR WEBSITE