



# Mindfulness Meditation Groups

Mindfulness is a state of active, open attention to the present. A 2019 review showed that mindfulness interventions offered multiple benefits for individuals with cancer, including reducing stress and fatigue and improving quality of life.

Valley Health's Integrative Care meditation groups will include mindfulness techniques that can be used at home and an opportunity to experience meditating together as a group. Whether you're experienced or new to meditation, these groups, which are offered free of charge, can help support your healing process.

## **Third Wednesday of the month, 1-2 P.M.**

Valley Health Cancer Center Meditation Room (second floor)  
400 Campus Blvd. • Winchester, VA

**Please note:** *While the weather is favorable, we may also go outside for mindfulness/gratitude walks.*

**For questions or more information, contact Jennifer Hudson, Integrative Care Program Coordinator, at [jhudson@valleyhealthlink.com](mailto:jhudson@valleyhealthlink.com) or 540-536-8198.**