

Monthly sessions / 8-Week group training
FREE FOR BREAST CANCER SURVIVORS:



MIND BODY SELF-CARE

6-7:30PM

**Mondays - June 9, July 7,
Aug. 4, Sept 8, Oct. 6**

**Plus: Sept. 8 - Oct. 27 / 8-week intensive training
Medical Center West**

5700 West Genesee St, HOA CNY Wellness Center, Camillus, NY 13031

Register for any dates or all classes. Interested?

call 458-4098/or email info@mbssi.org to register & for info.

**LEARN WHAT YOU CAN DO
TO FIGHT STRESS
STRENGTHEN RESILIENCE
FEEL MORE IN CONTROL**

A community program of the
Mind Body Health Alliance made possible
by a grant from CNY Komen for the Cure



MBHA

Mind Body Health Alliance

susan g.
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