

HENRY FORD WEST BLOOMFIELD

Breast Cancer Support Group

offers

Present Moment Meditation™



Thursday, November 17
7:00 - 9:00 p.m.



Present Moment Meditation uses a practical, light-hearted approach that makes meditating inviting and beneficial for everyone. Beginners welcome!

** Learn how to:

- release stress, and allow your body and mind to relax and unwind
- turn your attention within and become quiet inside

** Learn:

- simple techniques for meditation
- gentle tools for staying calm and peaceful throughout your day

Please join us for meditation & light discussion. Chairs provided.

Held in the radiation oncology waiting area.

Contact Karen Kloustin (248) 661-6487



Kathy Bindu Henning is a breast cancer survivor, and for 35 years has studied Meditation & the Art of Self-Discovery. She is a speaker, teacher & founder of Present Moment Meditation. In 2009, Kathy released a CD, "Living in the Present Moment: Everyday Tools & Practices." Visit: www.LivinginthePresentMoment.com