

# Weekly Meditation with Alan Bandes

**Toll Free Teleconference**

**Wednesdays**

**10:30 - 11 AM**

**Open to people nationwide who have or have had breast, ovarian or gynecological cancer.**

**Pre-registration is required. To register, call Support Connection, 914-962-6402 or 800-532-4290.**

**Now more than ever, we all need to take time out of our day to nurture ourselves and find calm and peace. Support Connection invites you to join Alan Bandes, our beloved Tai Chi teacher, as he offers a weekly meditation class via toll free teleconference. Alan will share the basics of meditation and will lead us in a soothing, relaxing 15 minute guided meditation.**

