

Weekly Meditation with Alan Bandes

**Toll Free Teleconference
Wednesdays**

10:30 - 11 AM (NY Time)

**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.**

