

NANCY MARX CANCER WELLNESS CENTER

HOW TO DEAL WITH A RACING MIND:

3 EASY TECHNIQUES TO REDUCE OVERWHELM

In this virtual workshop, join Berni Kozlowski, certified meditation teacher/coach (RYT-200) to discover an approach to quiet time that will help you have more mental clarity, greater happiness, and less stress. Learn and practice quick-hitting relaxation skills that you can start using on your own. Meditate easily in a modern way that helps you effectively bring calm to your mind, even if you have little spare time.

Tuesday, January 18

7-8pm

Free

Advance registration required. [CLICK HERE](#) to register.

TO LEARN MORE, VISIT [SJJCC.ORG/CANCERWELLNESS](https://www.sjjcc.org/cancerwellness) OR CONTACT RANDY HIGHT, 516.484.1545 EXT. 213, RHIGHT@SJJCC.ORG



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