



**FREE CLASSES FOR CANCER PATIENTS, SURVIVORS & THEIR CAREGIVERS:
AT THE HAROLD ALFOND CENTER FOR CANCER CARE, AUGUSTA**

Self-Care with Reiki

Instructor: Terry St. John
Dates: Thur, Nov. 3 & 10, 4-6 p.m.
Location: Meditation Room, Terrace Level

Pen in Hand Writing Circle

Instructor: Muriel Fish
Dates: Wed, Oct. 12-Dec. 28, 2:30-3:30 p.m.
Location: Meditation Room, Terrace Level

The “Art” of Self-Compassion through Creative Meditation

Instructor: Bodhi Simpson
Dates: Thur, Oct. 27, 5:30-7 p.m.
or Tue, Nov. 29, 1:30-3 p.m.
Location: Shuman Room

Nutrient Dense Smoothies

Instructor: Donna Walsh, RD
Date: Wed, Nov. 9, 2-3 p.m.
Location: KCU Conference Room

Mindful Breathing

Instructor: Kim Nixon
Date: Tue, Dec. 6, 10:30 a.m.-noon
Location: Meditation Room, Terrace Level

Managing Side Effects of Cancer

Instructor: Donna Walsh, RD
Dates: Wed, Oct. 12 or Tue, Dec. 13,
1:30-2:30 p.m.
Location: KCU Conference Room



Registration is required as space is limited. For more information, or to register, go to:
www.maine-general.org and “Search All Classes & Events” or call 872-4102.