

# Growing Through Cancer

## Your Personal Toolkit

**Free workshops for cancer patients, survivors and caregivers**

Cancer creates the opportunity for to take stock and make new priorities in your life. These sessions will help you learn new skills to live your most fulfilling life.

### Breathwork

Monday, April 12 • 4:30 p.m. - 6 p.m.  
12 High St. Lewiston, Conference Room I

Paying attention to the way we breathe can help us stay calm in stressful times. Learn a variety of breathing techniques that can help you cope with stress and worry.

### Staying on Track

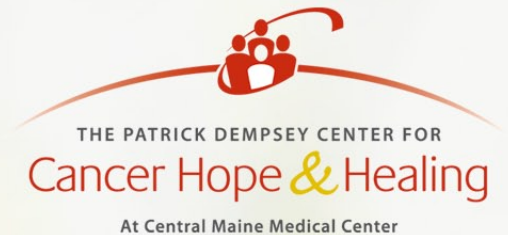
Monday, May 10 • 4:30 p.m. - 6 p.m.  
12 High St. Lewiston, Conference Room I

Keeping a Positive Mindset: It is possible to live intentionally, in a fashion that supports a positive attitude. Find out how!

### Colors, Chakras and Energy

Monday, June 14 • 4:30 p.m. - 6 p.m.  
12 High St. Lewiston, Conference Room I

Chakras are energy centers in our bodies. The colors we surround ourselves with can influence the energy that flows within us. See how your energy is flowing!



Please call the Dempsey Center to pre-register  
795-8250 or toll-free  
1-877-336-7287

Presented by  
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