

**June 2<sup>nd</sup>  
6 – 7 pm**



# SHIFTING YOUR AWARENESS

**Practical tips for good mental health that can help you navigate through cancer**

For this meeting we will learn a few practical exercises on how to shift your awareness when dealing with cancer or other stressful moments in life. Topics are always audience-driven.

## WHEN WE MEET

1st Working Monday Every Month  
6:00-7:00 pm

Location: Texas Oncology - Paris  
3550 NE Loop 286  
Paris, TX 75460

Our hybrid Cancer Support Group provides people impacted by cancer:

- A safe space to connect with others
- Guest Speakers



[www.facebook.com/ParisTXCancerGroup](https://www.facebook.com/ParisTXCancerGroup)



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Chief Medical Physicist

🌸 Breast cancer survivor

## REGISTER TODAY!



For more information:

<https://texasoncologyfoundation.org/support-programs/>