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# Mindfulness Meditation

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This on-going class will teach you how to cope with stress and anxiety by learning proven stress-reduction techniques. No prior meditation experience necessary.

**No registration necessary, just drop in.**

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**Dates:** Every Tuesday

**Time:** 4:30pm – 5:30pm

**Location:** Hoover Pavilion  
211 Quarry Road  
2<sup>nd</sup> Floor, Room 208  
Palo Alto, CA 94304

**Questions:** Email: [cancersupportivecare@stanfordhealthcare.org](mailto:cancersupportivecare@stanfordhealthcare.org)  
Call: **650.725.9456**