



Mindfulness Meditation

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.

Dates: Every Thursday

Time: 2:00pm – 3:00pm

Location: Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300A
San Jose, CA 95124

Questions: Email: cancersupportivecare@stanfordhealthcare.org
Call: **650.725.9456**



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