

# Cancer Educational Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



*Nancy Lasseter, EdS, LMHC*

Nancy Lasseter is a licensed mental health counselor who has been in private practice in Gainesville, Florida since 1987. She is a senior instructor of the Mindfulness-Based Stress Reduction Program taught at UF Health and in the Gainesville community. Nancy, an integrative therapies wellness educator for the UF Health Arts in Medicine Program, teaches “Beginners Meditation” and “Qigong for Well-being.” She is the founder of the UF Health Arts in Medicine Mobile Meditation Station for hospital staff, the Brushes with Hope program for cancer patients and their families, and the Contemplative Arts program that includes yoga, meditation and stress reduction. Nancy is the co-founder and president of Rwanda Sustainable Families, a nonprofit in Rwanda for impoverished children and their families. She founded the organization in 2010 after visiting Rwanda with the UF Health Arts in Medicine team.

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## **Mindfulness Tools for Coping with Cancer**

**Wednesday, June 23, 2021**

**1:30 to 2:30 p.m.**

*Free class series*

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**This one-hour workshop will explore mindfulness techniques for coping with cancer. Patients, family members and staff are invited to learn three simple, guided mindfulness practices.**

Written instructions following the class will be provided for short breath meditation, self-compassion practice and gratitude practice taught during the class. Evidence suggests that mindfulness-based practices may reduce pain severity, anxiety and depression in cancer survivors and improve overall quality of life.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and hosted online.

**This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY.**  
Visit [UFHealth.org/cancer-educational-wellness-series](https://UFHealth.org/cancer-educational-wellness-series) for more information and to join the class via Zoom.



**Palliative Care**

**For more information, please contact Chris Morgan at 352.733.1233 or email at [christopher.morgan@medicine.ufl.edu](mailto:christopher.morgan@medicine.ufl.edu).**