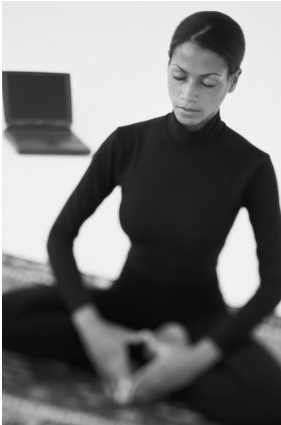


Meditation



The Swedish Cancer Institute offers a number of classes to help patients deal with cancer and its treatments. One such class is mindfulness meditation, an eight-week session offered through the Swedish Wellness Program which is designed to help patients better manage their stress and physical symptoms as a result of their medical condition.

What is meditation?

Meditation is a practice that is used to calm the mind and put the body in a relaxed state. Meditation techniques include:

- Effective ways to manage stress, pain and illness
- Instruction in relaxation and mindfulness meditation
- Gentle stretching exercises that enhance mobility and mind-body awareness
- Special tools to integrate class material into daily life
- A supportive group for sharing experiences and feelings about illness and healing

Benefits of meditation

Meditation may help control pain, decrease heart rate, decrease high blood pressure, or decrease headaches and anxiety. Many patients have found meditation helpful during chemotherapy and radiation treatments.

Meditation classes

Classes in meditation and other wellness therapies are offered throughout the year. In addition, the Cancer Institute offers a class called “Meditation for People With Cancer,” designed to teach cancer patients the principles and practice of mindfulness meditation. The class is available on a quarterly basis free of charge.

*To register for a class, receive class dates
or program information, please call
206-386-3200.*



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