



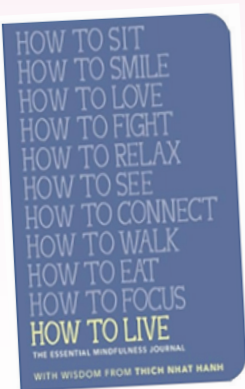
Mission Hope Cancer Center is pleased to invite you to join us online for our

Beginning 2025:
New book series, *How to Live*

Breast Cancer Support Group

Facilitator: Lindsey Hughes, RN, BSN, OCN

Starting in January, 2025, the General Breast Cancer Support Group will begin a new 11 book series, *How to Live*. Written by Thich Nhat Hanh, a Vietnamese Buddhist Zen Master, each of the books in this series uses “elementary language to address the most elemental concerns of the soul.” We will practice the essentials of mindfulness (with an option to privately journal) as we move through the book, having interactive discussions regarding the content.



Series includes: *How to Sit, How to Eat, How to Love, How to Walk, How to Relax, How to Fight, How to See, How to Connect, How to Focus, How to Smile, and How to Listen.*

The “How To” books are small enough to fit in your pocket, carrying large enough ideas to improve your outlook and enhance your quality of life.

Participants will be given a book but supplies are limited. Call today!



Lindsey Hughes, RN, BSN, OCN
Oncology Nurse Navigator

■ As a Breast Cancer Nurse Navigator Lindsey knows how difficult it can be for patients to navigate the complex health care system and is determined to support and guide families through these difficult times. Her goal is to provide treatment, symptom management, support, and laughter throughout the entire health care continuum so patients can focus on their health and maintain the quality of life they deserve.

 **First and third Tuesdays of each month**
4:00 p.m.

January 7, 21 • February 4, 18 • March 4, 18

Please call Mission Hope Cancer Center for details and/or to register at 805.219.HOPE (4673)

