

The Minnie Series

Free lunch and learn programs at The Minnie Pearl Cancer Foundation Resource Center for those confronting cancer...patients, survivors, and family members/caregivers

Be Whole in 2010

Do you resolve to take care of yourself in the New Year? Where should you start? With us! Please join us as we challenge the mind and body embarking on a journey of wholeness incorporating relaxation, movement, and creativity.

“BE Calm” January 20th, 11:30 a.m. – 1:00 p.m.

Let's relax by learning to release tension in both the body and mind through basic progressive muscle relaxation techniques. We'll discuss additional ways to calm the body and mind from a cancer diagnosis, through treatment, and on to healthy survivorship.

“BE Strong” February 17th, 11:30 a.m. – 1:00 p.m.

Yes, you can retain and regain strength in spite of a cancer diagnosis! Flexibility, strength building, and cardiovascular exercises are all essential to our body's health and well being. Come join us as we discuss and learn safe exercise options and body movements appropriate for EVERYONE.

“BE Creative” March 24th, 11:30 a.m. – 1:00 p.m.

Keeping a journal can be an invaluable tool when facing the challenges of cancer. Research shows that journaling and other forms of creative expression can have a wide range of benefits, including: stress reduction, reduced anxiety, improved coping skills, and increased self-awareness. Join us for a fun session of creative expression! Decorate and start a new journal and learn other creative activities to document your journey. We'll provide the supplies!

Call (615) 467-1936 or toll-free (877) 467-1936 for more information or to register.
Feel free to bring your lunch. Light refreshments will be provided.

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