



MindCAN RESEARCH PROGRAMME

The eight weekly MindCAN programme will help participants learn to increase self-awareness; and manage stress, thoughts and emotions more effectively. Each session contains two major components: Education/Discussion and Mindfulness Practice. Education materials and instructional CD will be provided. Participants will be reimbursed for their participation.

Wednesdays 4pm – 5.30pm **Thursdays** 10am – 11.30am

1. Mindful management of your stress
2. Mindful body sensations
3. Mindful emotions: Calmness and composure
4. Mindfulness: The powerful mind
5. Mindful communications
6. Loving kindness/compassion
7. Mindful living: Building your mindful lifestyle
8. The consolidated mindfulness practice



Fee: Free **Venue:** NUH Medical Centre, Level 10

Please Note:

- This programme is open to cancer patients and/or survivors (21-65 years old).
- Patients from other hospitals are also welcome
- Classes conducted at the Health Resource Centre @ NUH Medical Centre, located at Level 10, Corridor G.

Email nurctmm@nus.edu.sg or call 8650 6953