

MIND — OVER — MATTER:

**How to manage your anxiety and/or depression
before it manages you**

Wednesday, March 13, 20, 27, April 3 and 10

6:00 - 7:30 PM

Inova Loudoun Hospital

Radiation Oncology Conference Room

44035 Riverside Parkway, Suite 100, Leesburg, VA, 20176

This 5-week skill-based program teaches evidence-based tools for managing strong feelings and emotions that often accompany a cancer diagnosis and treatment. Using cognitive, behavioral and relaxation strategies, each of these professionally facilitated sessions build upon the previous one. Attendance at all sessions is strongly encouraged. Learn how a few basic skills can facilitate a greater sense of control, reduce anxiety, and promote healthier functioning. Facilitated by licensed oncology therapist, Courtney Weaver, LCSW. Registration is required. Space is limited.

For more information please contact Courtney Weaver at 703.858.8857

Community support makes it possible for Life with Cancer to offer this program free of charge to individuals impacted by cancer.

**Advance registration is required at
www.lifewithcancer.org or call 703.698.2526**