



# *The Third Annual Myrna Brind Lecture Creativity, Mindfulness, and Cancer*

*Thursday, May 22 - 6:00 - 8:00 PM*

Open Studio facilitator, **Caroline Peterson**, M.A., A.T.R.-B.C., L.P.C., Research Associate with the Jefferson-Myrna Brind Center of Integrative Medicine, Thomas Jefferson University, will present this program about the benefits of the creative process in supporting people affected by cancer. She will discuss how a creative process grounded in mindfulness can enable the cultivation of self-reliance, patience, acceptance, and letting be, all necessary tools for living through a cancer diagnosis.

Ms. Peterson is a board certified art therapist and an advanced level instructor in mindfulness-based stress reduction (MBSR).

*A light supper will be provided. RSVP by May 19.*

**15th ANNIVERSARY • 1993–2008**

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