



# MIND OVER MATTER

**A GROUP FOR MEN & WOMEN  
BEING TREATED FOR CANCER**

**May 16, 2024 - June 13, 2024**

**THURSDAYS: 10:30 AM -12:00 PM**

**VIRTUAL MEETINGS | REGISTRATION IS REQUIRED**

You are invited to attend this **FREE** five session virtual program. *Mind Over Matter* uses evidence-based strategies to help decrease feelings of anxiety and depression, and increase a sense of well-being. Each week new tools will be shared using cognitive-behavioral approaches and mind-body strategies.

**FACILITATORS:** Erin Edgeworth, LCSW, OSW-C & Emma Shin, LCSW, OSW-C

**REGISTER:** (404) 731-1876 or [eshin@atlantacancercare.com](mailto:eshin@atlantacancercare.com)

*"My wife said I've been less nervous prior to scans and bloodwork."*

*"I really enjoyed the class and definitely learned some valuable tools to help manage the anxiety produced by cancer."*



**NOTE:** These group sessions are facilitated via a Zoom meeting video platform. Registration is required to access the group. Attendance of all five sessions is expected.

This program was developed by:

