

# Stress Reduction



## Summer Solstice Retreat



A Free In-Person Workshop Presented by  
**Cancer Support Community Atlanta**

### *Creating Balance in Mind, Body, and Breath*

Join Cancer Support Community Atlanta for a Summer Solstice Retreat. During this retreat we will focus on balance, relaxation, and rejuvenation. Together we will participate in a gentle yoga class, a guided meditation, and enjoy lunch as a group.



**Presented by Rebecca Leary,  
NMT, RYT500, C-IAYT, CMLDT, YACEP**  
**Friday, June 21, 10:30am-1:15pm**  
**In-Person Only**

We validate parking, so bring your ticket in with you.  
Our suite is located below the main lobby in Building 2.

Register in advance for this program on our website at:

[www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar)



Registration

*This program is made possible through a grant from It's the Journey,  
Inc. — Georgia 2-Day Walk for Breast Cancer.*



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