



PATIENT & CAREGIVER EDUCATION

Bridging The Gap: Move From Intention to Action in Your Life

Learn ways to manage stress and make changes in your life. Clinical health psychologist Jack Burkhalter will lead a discussion and provide real examples on how to make significant changes in your life. This educational program will include opportunity for group discussion.

Audience

This educational presentation and discussion is open to Memorial Sloan Kettering patients and their families.

Contact

To participate, please email VirtualGroups@mskcc.org.