



## PATIENT & CAREGIVER EDUCATION

# Young Adult Workshop: Sleep and Mindfulness

Many people experience sleep disturbance after a cancer diagnosis. Join the AYA Program and Integrative Medicine Service to explore how to manage these changes and improve your sleep habits. In this virtual workshop, you will learn about normal sleep patterns, circadian rhythms, and tools for improved sleep habits. Mindfulness techniques will also be introduced to help you create a relaxing environment for you to sleep.

Open to patients ages 21-39.