

*Living with Cancer  
Support Group for Patients and  
Caregivers*

Welcomes Special Guest Speaker

**David Zuniga, Ph.D.**  
*presenting on*  
**Mindfulness & Meditation**

**Tuesday, October 21, 2014  
5:30 - 7:00 pm**

**David Zuniga, Ph.D., will provide a free presentation on mindfulness-based forms of meditation related to coping with cancer and being a caregiver. Mindfulness practices are research-based forms of self-care and wellness and helpful for people from a wide range of backgrounds. This discussion will also offer participants the chance to try some practical, guided forms of meditation.**

*David Zuniga earned his Ph.D. in clinical psychology and is a Post-Doctoral Fellow in private practice in Austin, and specializes in providing therapy to medical patients, staff, and family members. Previously, he earned a masters degree from Harvard Divinity School, studied meditation in Asia, and worked for over a decade as an interfaith chaplain in pediatric and adult end-of-life healthcare. In addition to his therapy practice, he is currently finishing a book on mindfulness and end-of-life care for Wisdom Publications.*

*For questions or to learn more about his work: [www.drDavidZuniga.com](http://www.drDavidZuniga.com).*

**Texas Oncology Midtown, 901 W. 38<sup>th</sup> Street, Suite 200, Austin, TX**  
**Parking is complimentary in adjacent garage.**  
**Park on the 2<sup>nd</sup> floor and enter through the Oncology center.**

Questions? Call Brandi Jurecek, LMSW at 512-421-4167