

The  
Susan C. Hirano

# CANCER C.A.R.E COMMUNITY



COMMUNITY

AWARENESS

RESEARCH

EMOTIONAL WELL-BEING

Our **Cancer C.A.R.E Community** is here for you and your loved ones, offering heartfelt support and aloha. You'll receive guidance on the latest treatments, emotional well-being resources, practical assistance with navigating care and more.

## MINDFULNESS & MEDITATION

Mindfulness, or bringing awareness to the present moment without judgement, has been shown to offer significant benefits. We'll explore the science behind mindfulness and mindfulness meditation as well as some benefits for individuals diagnosed with cancer. You'll also have the opportunity to experience two guided practice sessions.

**SATURDAY, JULY 26, 2025 ♥ 9 - 11 A.M.**

**SULLIVAN CONFERENCE CENTER**

at the University of Hawai'i Cancer Center

701 Ilalo Street, Honolulu, HI 96813

## SPEAKERS:



***"Introduction to Mindfulness" & Mindfulness Meditation Practice Session***

**Thanh Huynh, MD**  
*Retired Radiation Oncologist*



***"The Impact of Mindfulness and Mindfulness Meditation for Cancer" & Loving Kindness Meditation Practice Session***

**Erin O'Carroll Bantum, PhD**  
*Associate Researcher, UH Cancer Center Population Sciences in the Pacific Psychology*



**REGISTER BY  
FRIDAY, JULY 18**

[go.hawaii.edu/TT8](https://go.hawaii.edu/TT8)

