

Sister Hope

March 27th @ 4pm

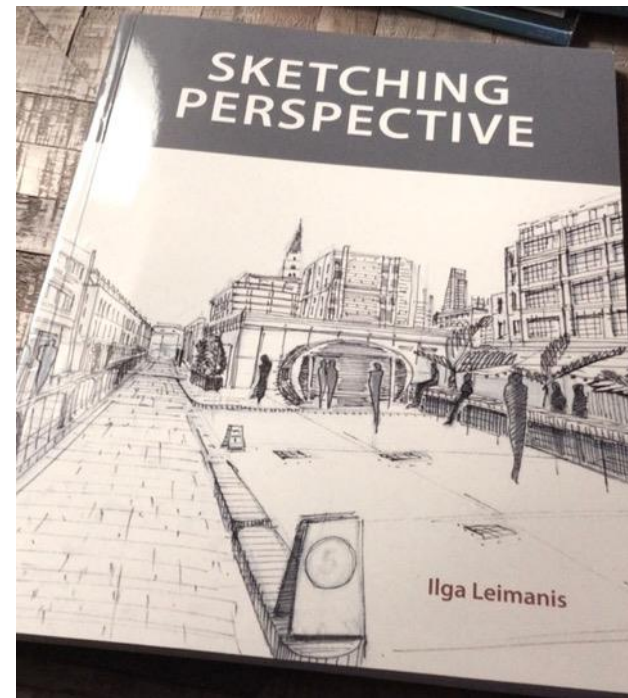
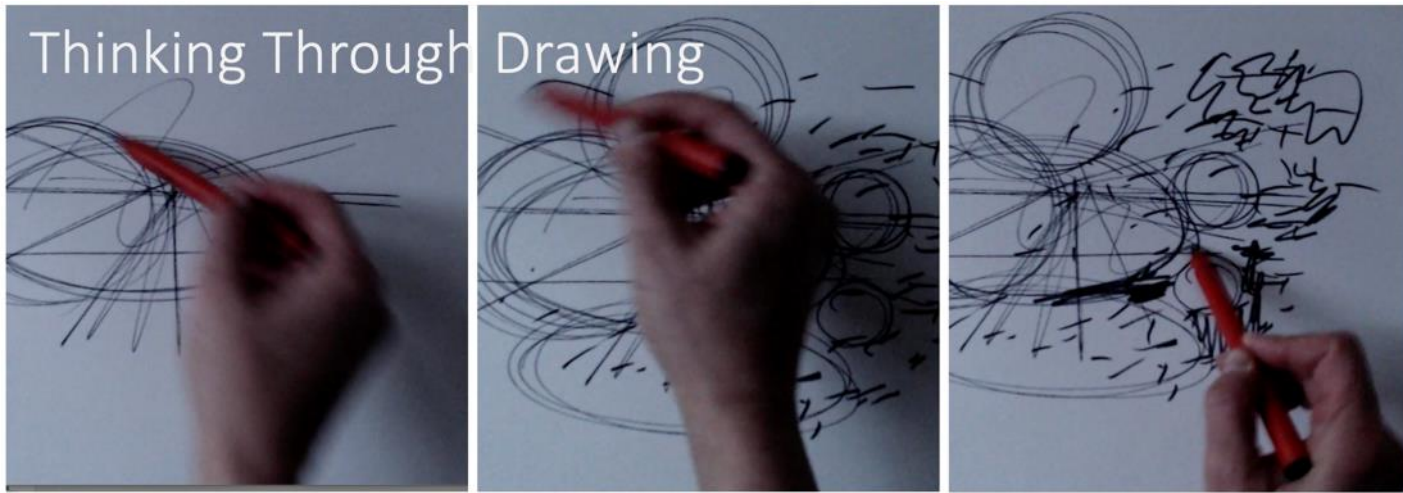
Live Webinar Broadcast with
Ilga Leimanis & Andra Kalnins

RSVP at
Survivingbreastcancer.org/Events





Thinking Through Drawing









Yoga & Mindfulness

for breast cancer patients & survivors

by Andra Leimanis Kalnins

July 7, 2018,

INTRODUCTION TO MINDFULNESS

CULTIVATION OF A DAILY PRACTICE

Andra Kalnins (Leimanis), MSN, FNP-C, RYT-200

Tuesday, September 24, 6:30 - 8 p.m.

Wellness House



Waterford Place Cancer Resource Center
1310 Waterford Drive, Aurora, IL 60504



Mindfulness and Well-Being for Daily Living

Thursday, January 24, 2019 12:30 to 1:45 p.m.

Andra Kalnins (Leimanis), MSN, FNP-C, RYT-200

Mindfulness is a way of thinking and being in the present moment with the potential to reduce stress, balance emotion, and increase resiliency during difficult times. Discover how to live life more effectively by incorporating mindfulness through meditation, breath work, relaxation, and gentle mindful movement.



Meditation @ Wellness House with Andra, May 2, 2019.

Lovingkindness Meditation



INTIMACY, SEXUALITY & BODY IMAGE

By Andra Kalnins (Leimanis), MSN, C-FNP, RYT-200
Waterford Place Cancer Resource Center
Presentation to Clinical Team
March 7, 2020





Hear My Voice Metastatic Advocacy Program



LIVING BEYOND
BREAST CANCER®



PROJECT LIFE

ARE YOU LOOKING FOR AN
MBC MENTOR?

We have a wonderful group of trained
mentors, waiting to help. If interested, you











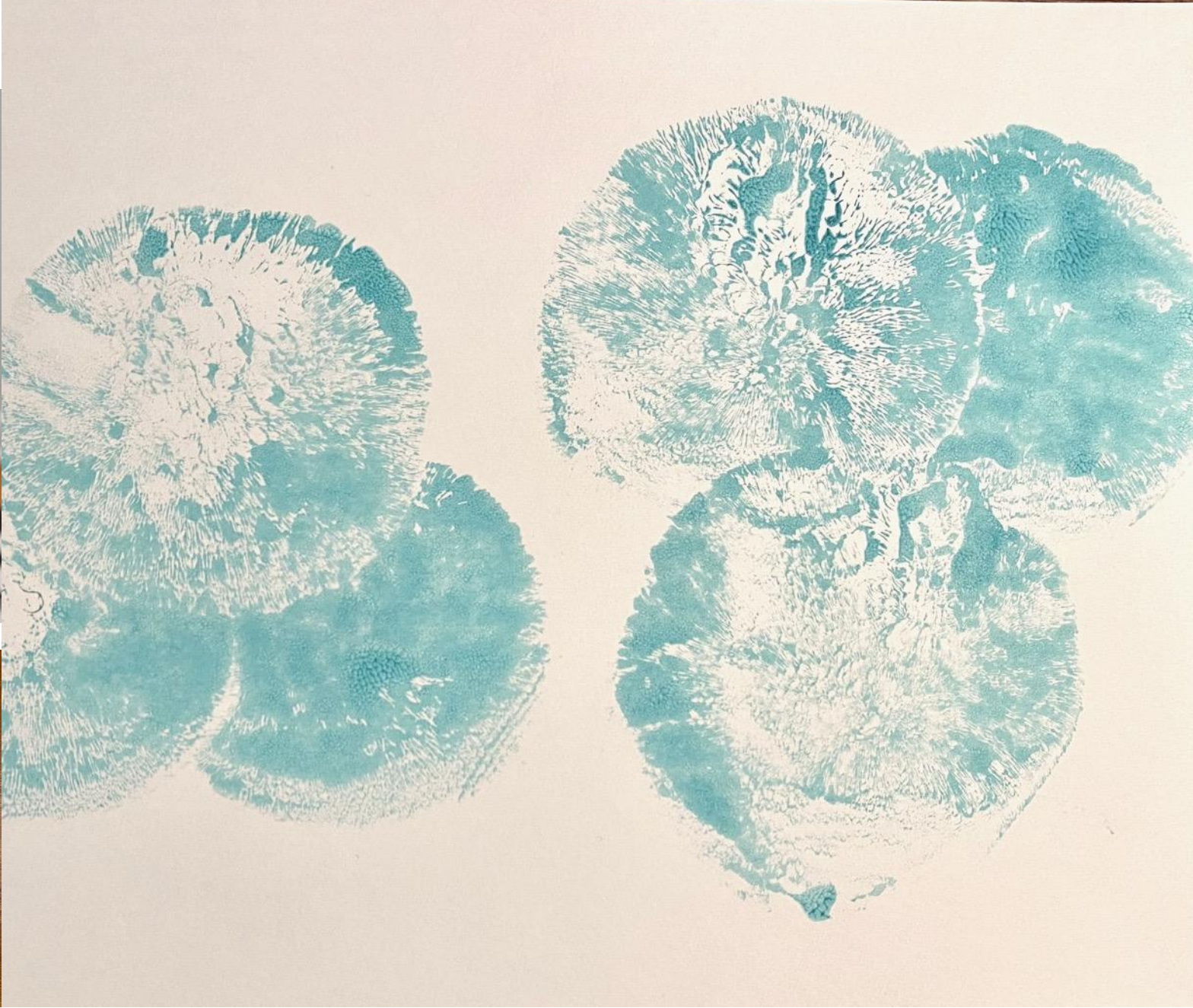
SISTERS HOPE ANDRA KALNINS & ILGA LEIMANIS

26 FEBRUARY - 6 MARCH 2022
GALLERY OPEN: SATURDAY - SUNDAY 12-3PM

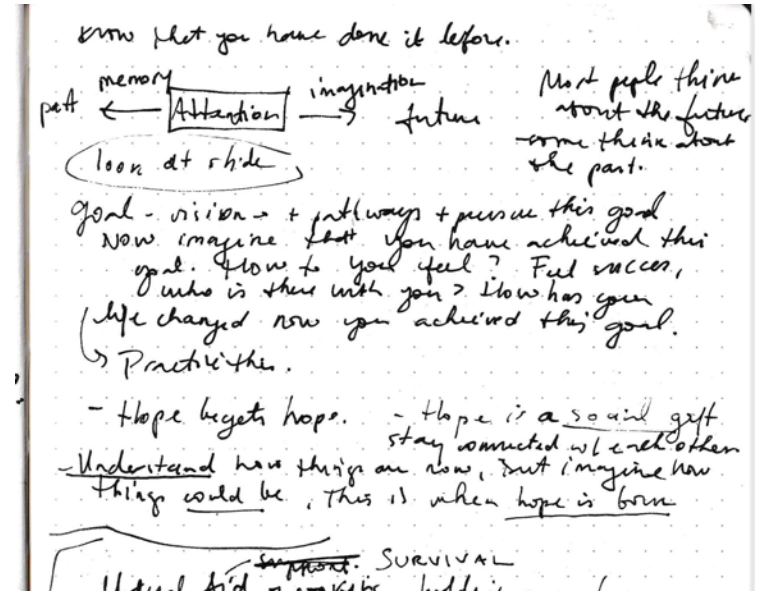
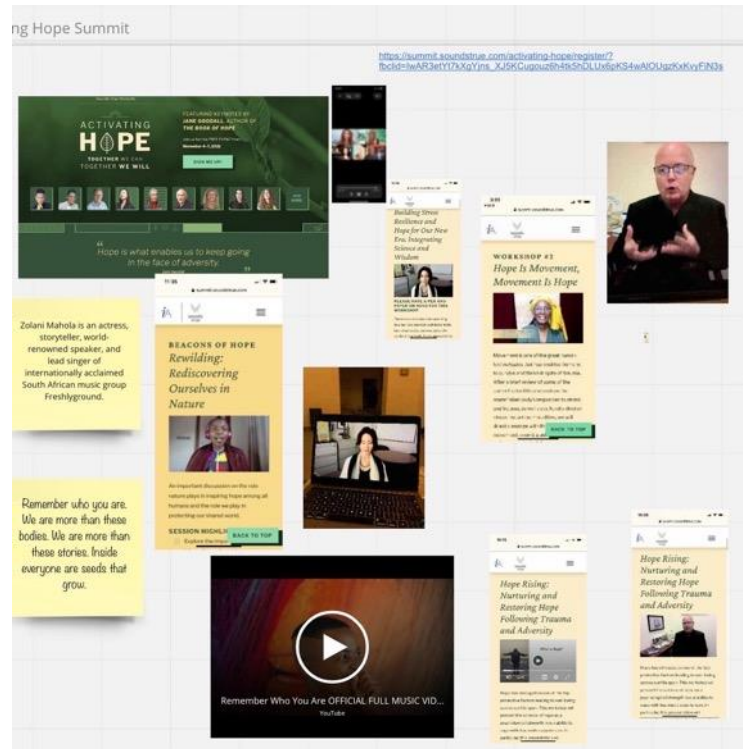
FIVE YEARS
Unit 2B1 Boothby Road
Archway, London
N19 4AJ

fiveyears.org.uk | Info@fiveyears.org.uk





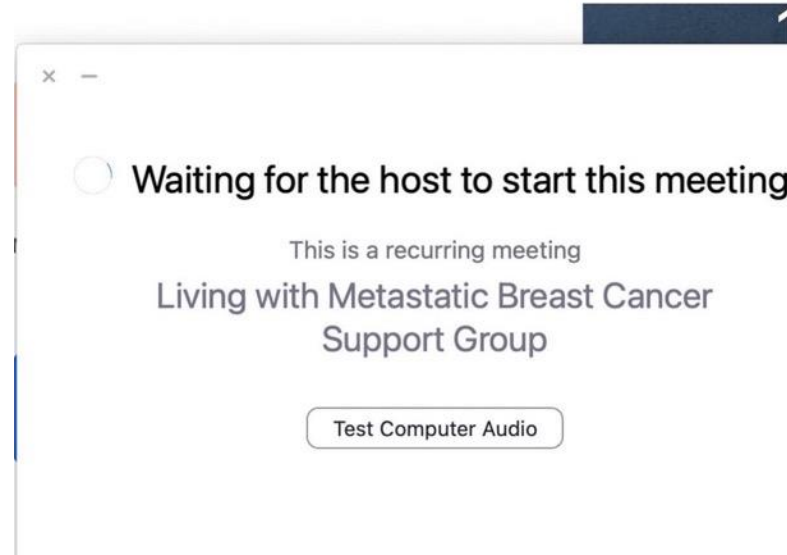






You'll feel better inside.

**Living with Metastatic Breast Cancer
Support Group
Tuesdays**



Does my Thinking Through Drawing workshop have potential beyond idea generation?

What potential does my workshop have to support participants' wellbeing, specifically through the lens of finding **flow** (Csikszentmihalyi) and **hope** (Gwinn & Hellman)?

