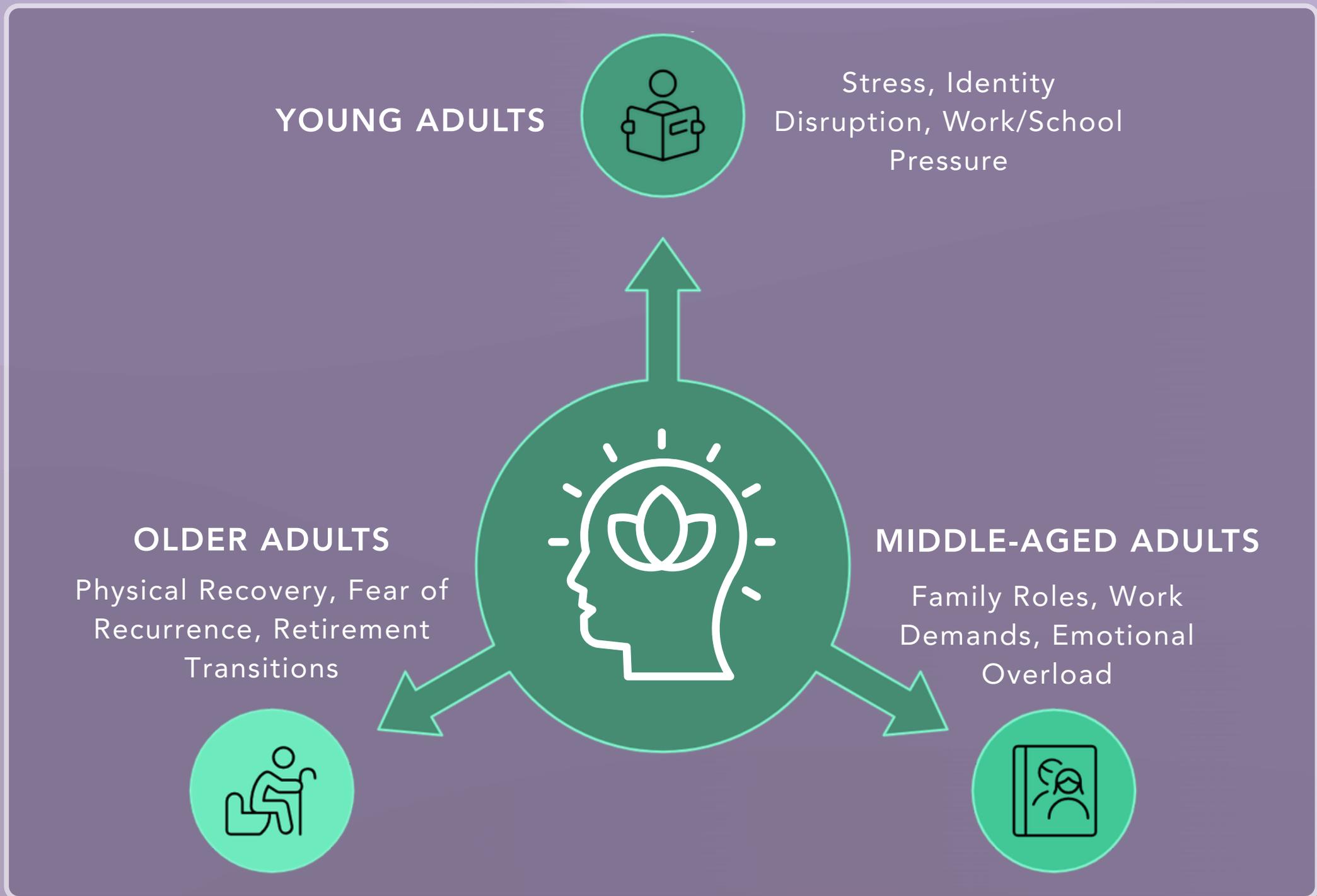




How Mind–Body Practices Help Cancer Survivors at Different Life Stages



Mind–body therapies help people differently depending on age and life stage — but benefit everyone.

Mind–body practices adapt to what people need most at different stages of life.

