DFCI is conducting a study to examine two group programs for young breast cancer survivors:

- Mindfulness-meditation classes
- Survivorship education classes

We would like to compare these two group programs on meeting the common needs of young survivors.

Classes will meet for 6 weeks and are held at DFCI. We will also ask you to come to DFCI for three in-person appointments throughout the duration of the study.

You may be eligible to participate if you were diagnosed with breast cancer before age 45 and are within 5 years of your diagnosis.

If you are interested in participating or would like more information, please contact the study staff at:

PathwaysToWellness@partners.org or (617) 582-9706

This study is funded by the National Cancer Institute and is being conducted by:

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This is a collaboration between the University of California, Los Angeles (UCLA), the Dana-Farber Cancer Institute (DFCI), and Johns Hopkins University (JHU).