



For Immediate Release

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Evening Webinar to Feature Mindfulness with Sabrina Vogler

Rochester, NY—Studies have shown that patient education and communication have a positive effect on patient health outcomes, including emotional and physical health. One of the Breast Cancer Coalition’s four pillars of service is Education.

The Coalition hosts monthly Evening Educational Webinars from January through September that offer insight and information on a variety of topics related to health and wellness. The first webinar of 2024 will be hosted via Zoom on **Wednesday, January 24 at 7:00 PM** and will feature the incredible work of Sabrina Vogler, Certified Professional Coach, Executive Coach, and Grief Specialist.

Entitled **“Balance Mind, Body, and Spirit in 2024,”** Sabrina’s webinar will focus on mindfulness and self-compassion as we begin the new year. Sabrina shares, “The changing of the calendar year often brings mixed emotions. Maybe you’re SO ready for a fresh slate ... or maybe you’re just trying to get through the day. No matter how you feel, self-compassion gives you the chance to bring some kindness to yourself, *just as you are.*”

As the founder of *Heart in the Moment Mindfulness Coaching, LLC*, Sabrina’s webinar will offer ways to destress and refocus. “You’ll walk away with a renewed sense of strength for a life that’s deeply aligned with your mind, heart, body, and soul,” assures Sabrina.

Registration is free for all of Coalition’s Evening Educational Webinars. To register, visit <https://bccr.org/evening-educational-webinars/>. Submit questions in advance to christina@bccr.org.

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The Breast Cancer Coalition of Rochester’s mission is to cultivate community among those touched by breast or gynecologic cancer; to empower informed decision-making through education, support, and advocacy; and to advance research in our region with the goal of eradicating breast cancer.