



Life Now.

Albany - 8 week Mindfulness course

Are you or someone you care about affected by cancer?

Life Now Mindfulness is a free stress management program, open to people diagnosed with cancer and their carers. This eight-week course is facilitated by an experienced instructor and runs for two hours each week.

Mindfulness practices encourage individuals to experience the present moment in a non-judgemental way, to counter the effects of stressors relating to the cancer diagnosis.

Research shows that stress management programs may:

- reduce anxiety and improve mood
- quality of life
- alleviate sleep problems
- provide some pain relief

There is no need for any special skills or prior experience to participate and benefit from these free sessions.

"This course helped me with strategies to cope with my anxiety and insomnia."

Past participant

Albany Mindfulness course

Two-hour class held each week for eight weeks

Day	Thursdays
Time	9.00am - 11.00pm
Dates	26 October - 14 December 2023
Location	Beryl Grant Centre 31 Townsend Street, Albany



Registrations are essential. To apply to participate in a course visit cancerwa.asn.au and view the Event calendar or call our cancer nurses on **13 11 20**.