

Cancer Council 13 11 20 - for information and support

Our information and support services can be accessed by calling our cancer nurses on 13 11 20. Our nurses can answer questions about cancer and connect people affected by cancer to a range of services, resources and programs.

For the cost of a local call, 13 11 20 can be contacted during business hours Monday - Friday (except on mobiles, which are charged at the standard rate.)

If English is not your preferred language, call 13 14 50 and ask for Cancer Council WA. If you are hearing impaired, please call the National Relay Service on 1800 555 660.

CHOC-BERRY CHIA PUDDING



PREP: 5 mins + 2 hours setting time
COOK: 0 mins
SERVES: 4

Ingredients

- ▲ 1 tbs maple syrup or golden syrup
- ▲ 1 1/2 cups low-fat milk
- ▲ 1/3 cup chia seeds
- ▲ 2 tsp cocoa powder
- ▲ 2 cups fresh or frozen berries

Method

1. Place syrup in a 500mL capacity jar or container with a sealed lid, pour in some of the milk and shake to dissolve the syrup.
2. Add remaining milk, chia seeds and cocoa. Shake and pour into 4 small serving glasses. Cover and refrigerate for at least 2 hours or overnight.
3. Serve chilled, topped with berries.



2019

Life Now.

Staying well during and after cancer

Are you or someone you care about living with cancer?

Life Now offers **FREE** evidence-based programs to support cancer patients and their carers. These programs are run by qualified senior instructors and operate in both metropolitan and regional WA. We invite people living with cancer and their primary carer to take part in these free programs, which are funded through generous community donations.

Life Now Programs enable people affected by cancer to experience the benefits of keeping mentally and physically active. Our exercise, yoga, meditation, tai chi, mindful art and mindfulness programs provide an introduction to activities in a safe and supportive group environment. Our programs are designed to empower participants with valuable skills and techniques that they can draw on to help manage their stress and other cancer-related symptoms.

Studies have shown that keeping physically active during and after cancer treatment can help reduce fatigue, improve cardiovascular fitness and increase muscle strength, bone density, flexibility, balance and coordination.

Current research also suggests that regular participation in meditative programs can lead to improvements in sleep quality, mood and wellbeing, and reductions in anxiety, stress and fatigue.



To register for Life Now or to obtain any further information
call **13 11 20** and select 'speak to a nurse'.

February - March

Exercise	Balga	East Fremantle - <i>NEW</i>	Midland
	Bentley	Floreat - <i>NEW</i>	Rockingham
	Bunbury	Joondalup	
	Canning Vale	Mandurah	
Meditation	Midland	Rockingham	
	Riverton		
Yoga	Busselton	Wangara	
Mindful Art	Shenton Park		

April - May

Yoga	Bunbury	Glen Forest	Rossmoyne
	Clarkson	Mandurah	Shenton Park
	Fremantle	Margaret River - <i>NEW</i>	Yokine
Tai Chi	Bunbury	Shenton Park	Wanneroo
Mindfulness	Duncraig	Hilton	Shenton Park
Meditation	Busselton	Shenton Park	Wanneroo

August - September

Exercise	Balga	Canning Vale	Mandurah
	Bentley	Floreat	Midland
	Bunbury	Joondalup	Rockingham
Meditation	Midland	Rockingham	
	Riverton	Shenton Park	
Yoga	Fremantle	Geraldton	Wangara
Tai Chi	Busselton - <i>NEW</i>	Wanneroo	

October - November

Yoga	Albany	Glen Forest	Shenton Park
	Busselton	Mandurah	Yokine
	Clarkson	Rossmoyne	
Tai Chi	Bunbury	Riverton - <i>NEW</i>	Shenton Park
Mindful Art	Shenton Park		
Mindfulness	Duncraig	Hilton	Midland
Meditation	Bunbury	Wanneroo	

What you need to know

Life Now Exercise Classes

- 12 week program (participation limited to one 12 week program per person)
- Classes are held twice a week for one hour
- For people who have been diagnosed within the last two years
- Primary carers can take part only when the patient is in attendance
- Medical consent/clearance required to take part

Life Now Meditation, Yoga and Tai Chi Classes

- 6 week program
- Classes are held once a week for one hour
- For people who have been diagnosed in the last five years and/or their primary carer

Life Now Mindfulness Classes

- 8 week program
- Classes are held once a week for two hours
- For people who have been diagnosed in the last five years and/or their primary carer
- Program includes a mindfulness retreat

Life Now Mindful Art Classes

- 6 week program
- Classes are held once a week for 90 minutes
- For people who have been diagnosed in the last five years and/or their primary carer



To register for Life Now or to obtain any further information call **13 11 20** and select 'speak to a nurse' or visit **cancerwa.asn.au** and enter 'Life Now' in the search

*All events require minimum numbers to run and eligibility criteria will apply. Information is correct at time of printing. For up-to-date information, please refer to our website.