

Life Now.

Staying well during and after cancer

The Life Now Program offers free evidence-based exercise and meditative courses to support cancer patients and their carers. We invite people affected by cancer and their primary carer to take part in these free courses, which are funded through generous community donations.

COURSE TIMETABLE – TERM 1 2021

Mindfulness – 8 week course

Location	Day	Time	Dates
Midland	Wednesdays	10am – 12pm	10 February to 31 March
ONLINE	Fridays	10am – 12pm	5 February to 26 March

Tai Chi – 6 week course

Location	Day	Time	Dates
Bunbury	Wednesdays	10am – 11am	17 February to 24 March
Butler	Mondays*	1pm – 2pm	15 February to 29 March
Rossmoyne	Fridays	10.15am – 11.15am	19 February to 26 March

Yoga – 6 week course

Location	Day	Time	Dates
Bunbury	Tuesdays	9.30am – 10.30am	16 February to 23 March
Clarkson	Thursdays	10.45am – 11.45am	18 February to 25 March
Geraldton	Wednesdays	1pm – 2pm	17 February to 24 March
Hamilton Hill	Mondays*	12pm – 1pm	15 February to 29 March
Mandurah	Mondays*	10.30am – 11.30am	15 February to 29 March
Margaret River	Saturdays	10.30am – 11.30am	20 February to 27 March
Shenton Park	Wednesdays	5.30pm – 6.30pm	17 February to 24 March
ONLINE	Wednesdays	11.15am – 12.15am	17 February to 24 March

* No Class on Labour Day Public Holiday, Monday 1st March

REGISTRATIONS ARE ESSENTIAL



For more information visit www.cancerwa.asn.au and enter 'Life Now' in the search, or call 13 11 20 and select 'speak to a nurse'

We're your compass through cancer
call us on 13 11 20

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.