

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 3 2021

Exercise - 12 week course

Location	Day	Time	Dates
Bentley	Monday & Thursday	11.00am - 12.00pm	2 August - 22 October
Bunbury	Monday & Wednesday	11.00am - 12.00pm	19 July - 11 October
Floreat	Tuesday & Thursday	12.00pm - 1.00pm	20 July - 7 October
Midland	Tuesday & Thursday	2.00pm - 3.00pm	20 July - 7 October

Meditation - 6 week course

Location	Day	Time	Dates
Broome	Tuesday	6.00pm - 7.00pm	10 August - 14 September
Bunbury	Tuesday	10.00am - 11.00am	17 August - 21 September
Clarkson	Tuesday	10.00am - 11.00am	10 August - 14 September
Mandurah	Wednesday	10.30am - 11.30am	11 August - 15 September
Shenton Park	Tuesday	5.30pm - 6.30pm	3 August - 7 September
ONLINE (AM)	Wednesday	10.00am - 11.00am	11 August - 15 September
ONLINE (PM)	Wednesday	6.30pm - 7.30pm	11 August - 15 September



Registrations are essential. To register for Life Now or to obtain 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.