

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 2022

Exercise - 12 week course

Location	Day	Time	Dates
Balga	Tuesday & Thursday	1.00pm - 2.00pm	1 February - 21 April
Bunbury	Monday & Wednesday	11.00am - 12.00pm	31 January - 2 May
Floreat	Tuesday & Thursday	12.00pm - 1.00pm	1 February - 21 April
Joondalup	Tuesday & Friday	10.00am - 11.00am	18 January - 8 April
Mandurah	Tuesday & Thursday	11.00am - 12.00pm	1 February - 21 April
Midland	Tuesday & Thursday	2.00pm - 3.00pm	1 February - 21 April
Willagee	Tuesday & Thursday	11.00am - 12.00pm	1 February - 21 April

Meditation - 6 week course

Location	Day	Time	Dates
Bunbury	Friday	1.30pm - 2.30pm	11 February - 25 March <i>*No class 25 February</i>
Duncraig	Tuesday	4.00pm - 5.00pm	8 February - 15 March
Geraldton	Wednesday	9.30am - 10.30am	9 February - 16 March
Midland	Tuesday	10.00am - 11.00am	8 February - 15 March
Piara Waters	Wednesday	9.30am - 10.30am	9 February - 16 March
ONLINE	Tuesday	10.30am - 11.30am	8 February - 15 March



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.