

## Waitlist eligibility

People can request to be placed on a waitlist if a course is full, or if they have already attended:

- one exercise, mindfulness or mindful art course
- three or more yoga, meditation or tai chi courses
- or have been diagnosed more than five years ago (two years for exercise)

All information is correct at the time of printing. For up-to-date information, please refer to our website.

We are able to provide Life Now courses free of charge, thanks to the generous support of the WA community. Funds are raised through donations, bequests, fundraising and events.



*The Life Now activities stand like a light-house in the middle of the stormy period of life with cancer, providing direction and support. Many thanks to everybody who makes that possible.*

**Past participant**



**Registrations are essential.** To apply to participate in a course visit [cancerwa.asn.au](http://cancerwa.asn.au) and view the Event Calendar or call our cancer nurses on **13 11 20** for more information.

# You first then cancer

**With a wide range of services, we tailor support to you, to help all West Australians face the challenges of cancer.**

Our tailored support includes:

- Counselling
- Support Groups
- Trusted Information
- Financial and Legal Advice
- Exercise and Meditative classes
- Transport and Accommodation
- Wig Service
- Education Programs and more.

**We put you first, then cancer.**



For support and information on cancer and cancer-related issues, speak to a cancer nurse on **13 11 20**. Calls are confidential and available statewide Monday to Friday during business hours. Local call costs apply, except for mobiles.

# Life Now.

## Staying well during and after cancer.



**Practical and support information**

**13 11 20**  
Cancer Council



**The Life Now Program** offers introductory, evidence-based group courses for cancer patients and their primary carer across Western Australia and online.

Life Now courses can provide practical skills and techniques to help people cope with cancer-related stress and improve wellbeing and quality of life.

There is no need for any prior skills or experience to participate and benefit from Life Now courses.

Research has shown that participation in mind-body activities during and after cancer treatment can help:

- reduce stress, anxiety and depression
- reduce the effects of fatigue and pain
- improve sleep and mood

Research has found that exercise is an effective medicine for people with cancer. Keeping active during and after treatment can help:

- reduce the effects of fatigue and pain
- improve flexibility, balance and coordination
- improve strength and physical function

## Life Now Exercise

Life Now Exercise is a 12-week course, which includes two one-hour classes each week. Each class is facilitated by an Accredited Exercise Physiologist and tailor-made for people affected by cancer. Participants receive an individualised program and experience the benefits in a safe and supportive group environment.

### **Eligibility Criteria – Exercise**

- Life Now Exercise is offered to West Australians who have been diagnosed with cancer in the last two years, are currently undergoing cancer

treatment or who have completed cancer treatment in the last two years\*.

- Primary carers are eligible to register when the patient they support is also enrolled.
- We prioritise new participants, giving everyone the opportunity to participate in our Life Now Exercise course.

\*Further eligibility criteria applies

## Life Now Meditation

Life Now Meditation is an introductory six-week guided course running for an hour each week. Each class is led by a senior meditation teacher.

Guided meditation involves learning and practicing different meditation techniques. You will be provided with a range of simple techniques to help you relax and calm your mind.

## Life Now Tai Chi

Life Now Tai Chi is a gentle introductory six-week course running for an hour each week. Each class is delivered by a senior tai chi instructor.

Tai Chi is a moving meditation which involves gentle movements, deep breathing techniques and meditation. You will be guided through each class and your teacher will adapt movements to suit your needs.

## Life Now Yoga

Life Now Yoga is a gentle introductory six-week course running for an hour each week. Each class is delivered by a senior yoga teacher.

Yoga is a whole-body philosophy which involves gentle stretching, breathing exercises, postures and meditation. You will be guided through each class and your teacher will adapt the yoga poses to suit your needs.

## Life Now Mindfulness

Life Now Mindfulness is an eight-week course running for two-hours each week. Each class is facilitated by a senior mindfulness instructor.

Mindfulness practices encourage individuals to experience the present moment in a non-judgemental way. You will be taught practical coping techniques to counter the effects of cancer-related stress.

## Life Now Mindful Art

Life Now Mindful Art is an introductory six-week guided course running for an hour-and-a-half each week. Each class is led by a senior art therapy teacher.

The Mindful Art program provides a basic understanding of mindfulness concepts, delivered through simple art classes. By focusing on the creative process rather than the final product, participants are encouraged to be more present and increase their self-awareness.



### **Eligibility Criteria – Meditation, Tai Chi, Yoga, Mindfulness and Mindful Art**

- Life Now Meditation, Tai Chi, Yoga, Mindfulness, and Mindful Art courses are offered to West Australians who have been diagnosed with cancer, or who have experienced a recurrence, secondary or progression, in the last five years.
- Primary carers are also eligible to attend (by themselves, or in support of a cancer patient), and are invited to apply.
- **Meditation, Tai Chi and Yoga** – Participants are invited to attend three terms of each of these courses.