

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

Yoga – 6 week course | One-hour class held each week for six weeks

Location	Days	Time	Dates
Albany	Tuesday	11.00am - 12.00pm	22 October - 26 November
Bunbury	Friday	12.00pm - 1.00pm	8 November - 13 December
Hamilton Hill	Wednesday	11.00am - 12.00pm	23 October - 27 November
Mandurah	Tuesday	10.30am - 11.30am	22 October - 26 November
Sorrento	Thursday	10.00am - 11.00am	24 October - 28 November
ONLINE	Tuesday	4.00pm - 5.00pm	22 October - 26 November

Tai Chi – 6 week course | One-hour class held each week for six weeks

Location	Days	Time	Dates
Cannington	Thursday	11.30am - 12.30pm	24 October - 28 November
ONLINE	Wednesday	9.00am - 10.00am	23 October - 27 November

Mindfulness – 8 week course | Two-hour class held each week for eight weeks

Location	Days	Time	Dates
Hilton	Wednesday	10.00am - 12.00pm	23 October - 11 December
Rockingham	Monday	10.00am - 12.00pm	28 October - 16 December
Shenton Park	Wednesday	10.00am - 12.00pm	23 October - 11 December
ONLINE	Monday	2.00pm - 4.00pm	21 October - 9 December



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

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.