

Wellbeing after Cancer

Our Wellbeing after Cancer program offers support to people after their cancer treatment has finished. Through a series of coaching phone calls with a Cancer Nurse, you will be guided to identify your specific wellbeing needs and supported to achieve them through a series of useful tools, including developing an individualised wellbeing care plan.

For more information search 'Wellbeing after Cancer' at cancerwa.asn.au.



To register for Life Now or to obtain any further information, including current program details, call **13 11 20** and select 'speak to a nurse' or visit cancerwa.asn.au and enter 'Life Now' in the search.

"An excellent program that I highly recommend to anyone being impacted by cancer. It helped me to clear my mind and re-energise when I didn't think I needed it. This has taught me life skills. Thank you!"

Past participant
Female, Yoga Clarkson



For support and information on cancer and cancer-related issues, speak to a Cancer Council Nurse on **13 11 20**. Calls are confidential and available statewide Monday to Friday during business hours.

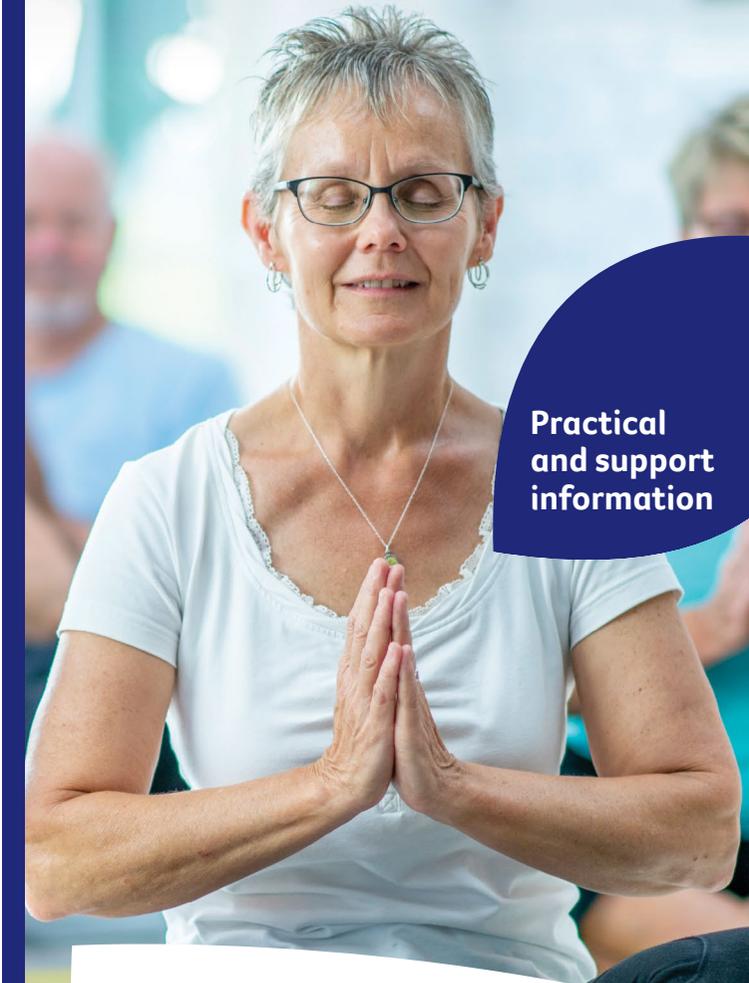
**We're your compass through cancer,
call us on 13 11 20.**



-  Cancer information
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-  Caring for someone with cancer
-  Staying well during and after cancer

Life Now.

Staying well during
and after cancer.



**Practical
and support
information**

13 11 20
Cancer Council



Life Now offers introductory, evidence-based group courses for cancer patients and their primary carer. Courses operate in metropolitan and regional WA, and are delivered by experienced facilitators in a safe and supportive environment, both face-to-face and online.

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.

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

- improvement in mood
- improved sleep quality
- reduction in anxiety
- reduction in stress and fatigue

Research has shown that keeping active during and after cancer treatment can help:

- reduce fatigue
- improve cardiovascular fitness
- increase muscle strength and bone density
- increase flexibility, balance and coordination

Life Now Mindfulness

Mindfulness helps people respond to everyday events without judgment, in a calm and conscious manner.

The Life Now Mindfulness course teaches practical techniques to counter the effects of cancer-related stress, by reducing excessive thinking and helping participants build clarity, insight and understanding.

Life Now Meditation

Meditation can be defined as a self-directed practice for relaxing the body and calming the mind.

Meditation can help reduce stress and anxiety, and assist with the management of chronic pain, insomnia, and abnormal blood pressure.

Life Now Exercise

Research has found that exercise is an effective medicine for people with cancer, reducing side effects, and positively impacting health, quality of life and potentially survival.

Facilitated by exercise physiologists qualified in Exercise Oncology, this individualised program introduces exercise in a safe and supportive group environment.

Please note, Life Now Exercise may not be suitable for all participants.

Life Now Yoga

Yoga is a whole body philosophy involving stretching, breathing exercises, physical postures and meditation.

The practice of yoga can help improve overall wellbeing, by reducing fatigue, stress, anxiety and depression, leading to improved mood and sleep. Physical benefits for cancer patients include increased muscle strength, bone density, cardiovascular fitness, flexibility, balance and coordination.

Life Now Tai Chi

Tai Chi is considered a moving meditation in which participants are guided to be mindful of their postures, movements and breathing, helping to bring about a sense of mental calm and clarity.

What you need to know

All programs require a minimum number to run and details are subject to change. Eligibility criteria may apply.

Exercise classes

- 12 week program (participation limited to one 12 week program per person)
- classes are held twice a week for an hour
- for people who have been diagnosed with cancer within the last two years, along with a primary carer who can participate with them
- medical consent/clearance is required

Meditation, Yoga and Tai Chi classes

- six week program
- classes are held once a week for an hour
- for people diagnosed with cancer in the last five years and their primary carer

Mindfulness classes

- eight week program
- classes are held once a week for two hours
- for people diagnosed with cancer in the last five years and their primary carer

All information is correct at the time of printing. For up-to-date information, please refer to our website or call our Cancer Nurses on **13 11 20**.