

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	14 May - 18 June
Broome	Tuesday	6.45pm - 7.45pm	14 May - 18 June
Busselton	Thursday	11.00am - 12.00pm	16 May - 20 June
Mandurah	Tuesday	10.30am - 11.30am	14 May - 18 June
Shenton Park	Tuesday	4.30pm - 5.30pm	14 May - 18 June
Sorrento	Tuesday	10.00am - 11.00am	14 May - 18 June
ONLINE	Wednesday	1.00pm - 2.00pm	15 May - 19 June

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

Location	Days	Time	Dates
Bunbury	Wednesday	10.00am - 11.00am	15 May - 19 June
Butler	Wednesday	1.00pm - 2.00pm	15 May - 19 June
Parkwood	Thursday	10.30am - 11.30am	16 May - 20 June
ONLINE	Wednesday	9.00am - 10.00am	15 May - 19 June

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

Location	Days	Time	Dates
Shenton Park	Wednesday	10.00am - 12.00pm	15 May - 3 July
Wellard	Thursday	9.30am - 11.30am	16 May - 4 July
Wilson	Wednesday	3.00pm - 5.00pm	15 May - 3 July
Online	Thursday	2.30pm - 4.30pm	16 May - 4 July

Mindful Art – 6 week course | One and a half hour class held each week for six weeks

Location	Days	Time	Dates
Ocean Reef	Tuesday	10.00am - 11.30am	14 May - 18 June
Wannanup	Tuesday	10.00am - 11.30am	14 May - 18 June



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.