

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

Mindful Art – 6 week course One and a half hour class held each week for six weeks			
Location	Days	Time	Dates
Falcon	Fridays	10.00am – 11.30am	2 August – 6 September
Ocean Reef	Tuesdays	10.00am – 11.30am	30 July – 3 September
Meditation – 6 week course One-hour class held each week for six weeks			
Location	Days	Time	Dates
Hillarys	Wednesdays	2.00pm – 3.00pm	31 July – 4 September
Mandurah	Mondays	1.00pm – 2.00pm	29 July – 2 September
Narrogin	Wednesdays	1.00pm – 2.00pm	31 July – 4 September
Shenton Park	Wednesdays	10.00am – 11.00am	31 July – 4 September
ONLINE	Wednesdays	10.00am – 11.00am	31 July – 4 September
Exercise – 12 week course One-hour class held twice-weekly for 12 weeks			
Location	Days	Time	Dates
Bentley	Mondays & Wednesdays	11.00am – 12.00pm	29 July – 21 October*
Bunbury	Mondays & Wednesdays	12.30pm – 1.30pm	29 July – 21 October*
Como	Mondays & Wednesdays	11.00am – 12.00pm	29 July – 21 October*
Floreat	Tuesdays & Thursdays	12.00pm – 1.00pm	30 July – 17 October
Joondalup	Mondays & Fridays	1.30pm – 2.30pm	19 August – 11 November*
Mandurah	Tuesdays & Thursdays	2.00pm – 3.00pm	30 July – 17 October
Midland	Tuesdays & Thursdays	2.00pm – 3.00pm	30 July – 17 October



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.

**No class on public holidays: Monday 23 September (Kings Birthday).*

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.