



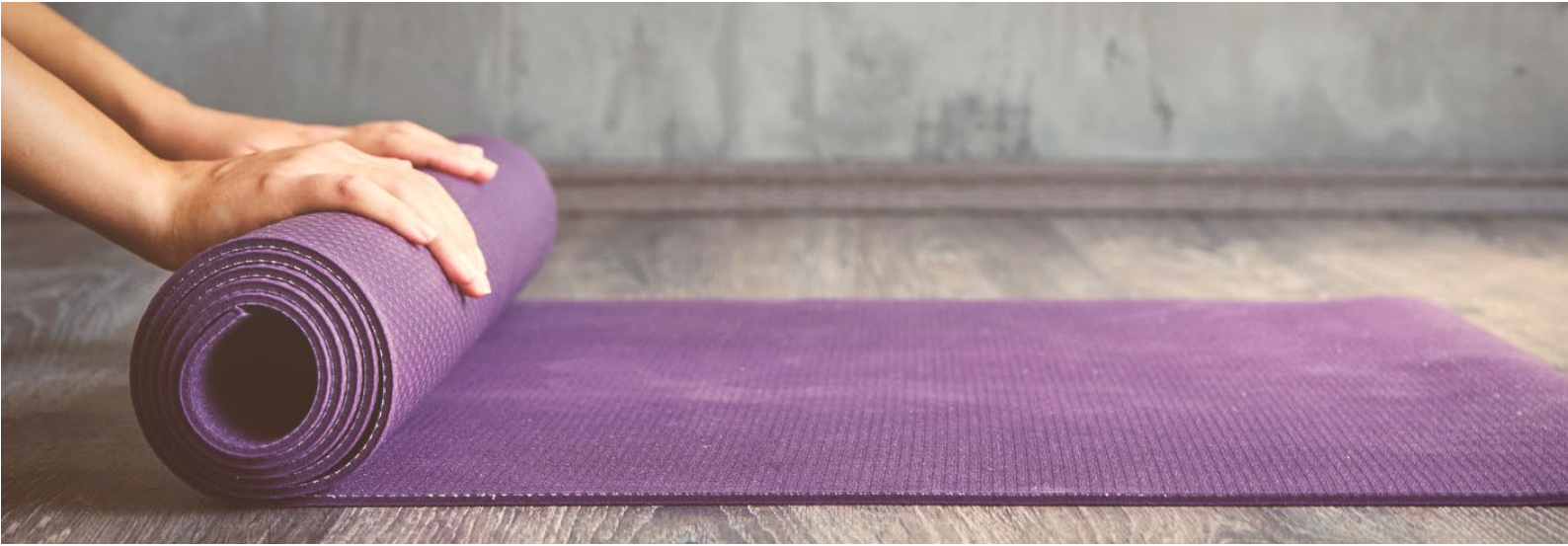
breast cancer
care wa

Term 4. 2024



Living well after breast cancer

Exercise, mindfulness, yoga, support groups,
workshops and webinars to support your wellbeing.



Welcome to our Living Well program



Breast Cancer Care WA presents a suite of wellness activities, interactive workshops, educational webinars, discussion groups and community events designed to empower people who have completed active treatment for early breast cancer.

Scan the QR code to register your interest in our range of wellness activities.

Please note: The Living Well program is generously funded by the community. Places are limited in group activities, please only register if you can commit to most sessions. Attendance at the first session is important.





Yoga

Gentle Yoga

Gentle Yoga is a relaxing, mat-based yoga class with ample relaxation, mindfulness, and breathing, as well as a sequence of simple postures which can be adapted to meet most needs.

Facilitator: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Cottesloe

Time: 12:30pm – 1:30pm

Dates: Wed 6 November – 11 December

Register: Fill out [Health History Form](#)

Email Form: living.well@breastcancer.org.au

Yin Yoga (online)

Yin Yoga is a slow, meditative style of yoga where all the postures are done on the floor and each shape is held for up to 5 minutes. Yin is non-strenuous and is ideal if you are feeling fatigued.

Facilitator: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Online

Time: 6:30pm – 7:30pm

Dates: Tue 5 November – 10 December

Register: Surya Health – information to the right

Gentle Flow Yoga (online)

A slow, flowing class which includes relaxation, breath awareness, and mindful movement designed to build strength gently, improve mobility, and manage stress.

Facilitator: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Online

Time: 7:00pm – 8:00pm

Dates: Mon 4 November – 9 December

Register: Surya Health – information to the right

Gentle Hatha Yoga (online)

A slow, non-flowing class with a focus on mindfulness, breathing, and building strength and balance.

Facilitator: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Online

Time: 7:00pm – 8:00pm

Dates: Wed 6 November – 11 December

Register: Surya Health – information below

Registrations for online yoga

How to register with Surya Health:

- Step 1: Fill out a [Yoga intake form](#)
- Step 2: Register for your free Breast Friends Term pass [here](#)
<https://suryahealth.punchpass.com/passes/193593>
- Step 3: Book your classes [here](#)
<https://suryahealth.punchpass.com/classes>

You will receive a Zoom link in your email inbox prior to your class.

Enquiries to chandrika@suryahealth.com.au



Pilates

Mat Pilates

Pilates is a mind-body exercise which can assist in re-connecting with your body, and aid in strengthening muscles, improving balance and overall well-being

Facilitator: Stephanie Schmidt
Occupational Therapist and Polestar Pilates instructor

Venue: Murdoch

Time: 9am-10am

Dates: Tue 8 October – 12 November

Apply: Fill out [Health History Form](#)

Email Form: living.well@breastcancer.org.au



Discussion groups

Living well groups

These groups use resources including podcasts to prompt discussions on relevant topics.

Bunbury

Facilitator: Katie Marsh
Counsellor

Venue: Bunbury

Time: 10:00am – 12:00pm

Dates: Thu 7 November

Register: living.well@breastcancer.org.au

Online

Facilitator: Aileen McCaul
Counsellor

Venue: Online

Time: 7:00pm – 8:00pm

Date: 10 October

Register: living.well@breastcancer.org.au

Midland

Facilitator: Holly Pertwee
Counsellor

Venue: Midland

Time: 12:30pm – 2:30pm

Date: 17 October

Register: living.well@breastcancer.org.au



Workshops

Clay therapy

Learn skills to quieten your mind and step away from the anxieties of breast cancer through the grounding medium of clay.

Facilitator: Jacqui Cairns Counsellor

Venue: Cottesloe

Time: 9:30am – 3pm

Date: Friday 4 October & 1 November

Register: living.well@breastcancer.org.au

Embracing fear and uncertainty

The first in a series of two, this workshop aims to help you move forward in a way that is helpful and enriching. We gently explore ways to manage the many challenges and uncertainties that can arise after a breast cancer diagnosis.

Facilitator: Aileen McCaul
Counsellor

Venue: Ardross

Time: 9:45am – 3:00pm

Date: Friday 15 November

Register: living.well@breastcancer.org.au

Bringing values to life

This second workshop, in a series of two, focuses on exploring and identifying your values to assist in living a deliberate and meaningful life.

Facilitator: Aileen McCaul
Counsellor

Venue: Ardross

Time: 9:45am – 3:00pm

Date: Friday 22 November

Register: living.well@breastcancer.org.au

Vision Board

Vision Board is a simple, effective visual tool for capturing goals, desires and intentions for the present and future.

Facilitator: Katie Marsh
Counsellor

Venue: Mandurah

Time: 9:45am – 12:30pm

Date: Mon 18 November

Register: living.well@breastcancer.org.au

Mindfulness-based Breast Cancer Recovery

6 weeks online which will introduce you to the role of mindfulness in living well after treatment.

Facilitator/s: Jacqui Cairns–Counsellor,
Karen Lewis–Specialist Breast Care Nurse

Venue: Online

Time: 11:00am – 1:00pm

Date: Thu 31 October – 5 December

Register: living.well@breastcancer.org.au

Calming the stress response

An online workshop that aims to demystify the body's response to stress, empowering you to find your own uncomplicated breathing, muscle relaxation and other strategies that use your nervous system to calm stress down, even just a little.

Facilitator: Katie Marsh
Counsellor

Venue: Online

Time: Various

Date: Tue 8 Oct (9.30am – 11.30am)

Tue 5 Nov (6.30pm – 8.30pm)

Tue 10 Dec (9:30am – 11.30am)

Register: living.well@breastcancer.org.au

Venue: Mandurah

Time: 9.30am – 12pm

Date: Tue 29 October

Register: living.well@breastcancer.org.au



Mindfulness

Mindfulness meditation

A fortnightly opportunity to develop a regular mindfulness practice, a simple yet powerful way to slow down, decrease stress, and be kind to yourself.

Facilitator: Katie Marsh
Counsellor

Venue: Online

Time: 12:30pm – 1:00pm

Dates: 14, 28 October, 11 November,
9 December

Register: living.well@breastcancer.org.au



Other ways to keep active..

Community walking and running

These free community groups are a wonderful way to get active. You can attend solo, or you could go with your 'Breast Friends' from Breast Cancer Care WA.

[Walking for Heart Health](#) is a community program facilitated by the Heart Foundation. Find a walking group near you on their website.

[Park Run](#) is a community program which involves a 5km walk/run at 8am every Saturday. Find a Park Run near you on their website.

[Cancer Council WA](#) offers a range of exercise and meditative courses through their Life Now program.