



breast cancer
care wa

Term 4, 2024



Living well

with metastatic breast cancer

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



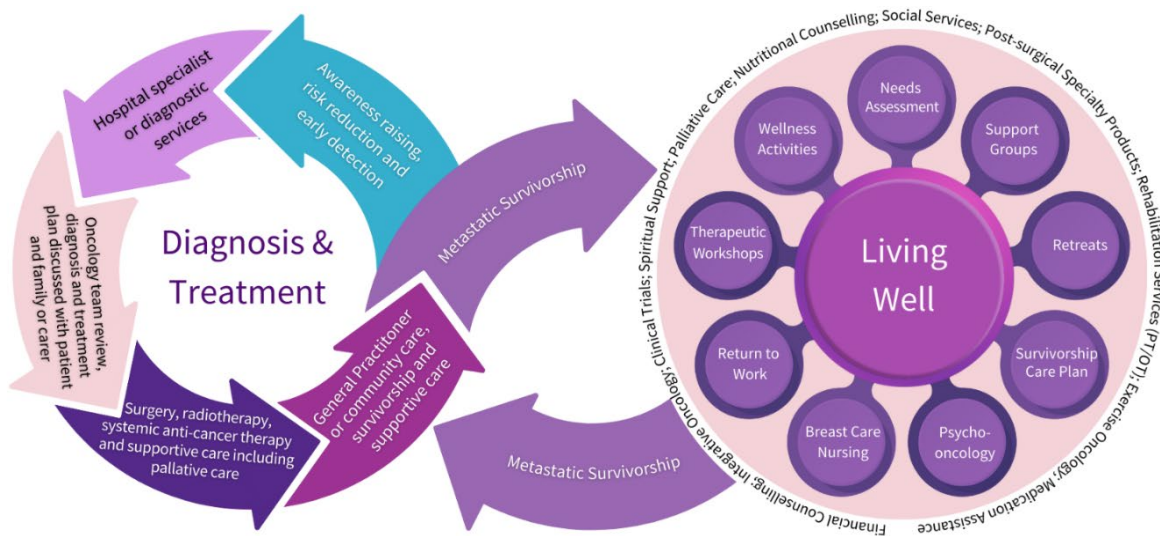
Welcome to our Living Well program



Breast Cancer Care WA presents a suite of wellness activities, interactive workshops, educational webinars, retreat days, alongside tailored support from our metastatic breast care nurse and counsellors.

This program is designed to improve wellbeing for people with metastatic 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. All physical activity has some risk. If you have bone metastases or are unsure if you should exercise for any reason, please see your medical professional for advice before registering. Our Online Exercise program currently excludes people with multiple bone metastases. Gentle Yoga and Online Yin Yoga are inclusive for all; however, participation is at your own risk.





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. This is not always comfortable; however, it is a mindful practice which can help with managing discomfort over time. 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

Registrations for online yoga

How to register:

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



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



Workshops

Treasured Tales

This workshop will pose the questions that will help you to explore your life and start thinking about meaningful ways to create or record those treasured tales for family and friends. It's all about making a start.

Facilitator: Holly Pertwee, Counsellor, Mel Rowley, Metastatic BC Nurse

Venue: Cottesloe

Time: 9.45am – 12.15pm

Date: Thur 14 November

Register: living.well@breastcancer.org.au



Metastatic Retreat Day

Join us for gentle yoga, mindfulness meditation, sound healing, chair massage, and lunch.

Facilitator/s: Dr Chandrika Gibson-Yoga Therapist
Melanie Rowley – Metastatic Breast Care Nurse

Venue: Cancer Wellness Centre, Cottesloe

Time: 10:00am – 3:00pm

Date: Mon 18 November

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

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



Webinars

A User's Guide to Metastatic Breast Cancer with A/Prof Andy Redfern

Join us for a webinar with A/Prof Andy Redfern as he provides a comprehensive user's guide to Metastatic Breast Cancer.

Facilitator: A/Prof Andy Redfern, A/Prof of Medical Oncology at UWA, Oncologist at Fiona Stanley, A/Dir at Harry Perkins, and Medical Director at Linear

Venue: Online

Time: 12pm – 1.30pm

Date: Thur 17 October

Register: [Click to register](#)



Support Groups

These run on a monthly basis, from February to November. Only Term 4 dates are noted below.

Metastatic Support Group (online)

Facilitator: Holly Pertwee
Counsellor

Venue: Online

Time: 10am – 11:30am

Dates: Wed 9 October, 13 November

Register: living.well@breastcancer.org.au

Metastatic Young women (online)

Facilitator: Katie Marsh
Counsellor

Venue: Online

Time: 7 – 8pm

Dates: Tue 22 October, 26 November

Register: living.well@breastcancer.org.au

Bunbury Support Group

Facilitator: Katie Marsh
Counsellor
Venue: Bunbury
Time: 12:30pm – 2:30pm
Dates: Thu 10 October, 14 November
Register: living.well@breastcancer.org.au

Murdoch Support Group

Facilitator: Aileen McCaul
Counsellor
Venue: Murdoch
Time: 10:00am – 12:00pm
Dates: Fri 11 October, 8 November
Register: living.well@breastcancer.org.au

Mandurah Support Group

Facilitator: Katie Marsh
Counsellor
Venue: Mandurah
Time: 10:00am – 12:00pm
Dates: Wed 9 October, 13 November
Register: living.well@breastcancer.org.au

Joondalup Support Group

Facilitator: Jacqui Cairns
Counsellor
Venue: Joondalup
Time: 10:00am – 12:00pm
Dates: Fri 18 October, 15 November
Register: living.well@breastcancer.org.au

Cottesloe Support Group

Facilitator: Aileen McCaul
Counsellor
Venue: Cottesloe
Time: 10:00am – 12:00pm
Dates: Wed 2 October, 6 November
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.