



# Yoga and Meditation

Commencing February 2011

**Are you or someone you care about living with cancer?**

**We invite people living with cancer, their carers and family members to take part in this *free* program.**

## Meditation Classes (6-8 week program)

Armadale	9am Friday 11th Feb
Beechboro	3.45pm Thursday 10th Feb
Kallaroo	11.15am Thursday 10th Feb
Nedlands	5.30pm Tuesday 8th Feb
North Perth (Tai Chi)	4.30pm Tuesday 8th Feb
Ocean Reef	1.15pm Thursday 10th Feb
Riverton	1.30pm Monday 7th Feb
Rockingham	12midday Friday 11th Feb

## Yoga Classes (6-8 week program)

Albany	10am Monday 7th Feb
Armadale	1pm Thursday 10th Feb
Darlington	2.30pm Wednesday 9th Feb
Mandurah	11am Wednesday 9th Feb
Rossmoyne	11.30am Monday 14th Feb
Tuart Hill	8am Monday 7th Feb
Wangara	3pm Monday 7th Feb
Whitfords	4.15pm Tuesday 8th Feb

# Exercise

Commencing February 2011

The program includes a personalised program and admission to 2 classes per week, and requires a 12 week commitment (health permitting).\*

Beechboro	Monday 7th Feb	Nedlands	Monday 7th Feb
Bunbury	Tuesday 8th Feb	Riverton	Tuesday 8th Feb
Inglewood	Monday 7th Feb	Rockingham (Fee for service)	Monday 7th Feb
Mandurah	Monday 7th Feb	Como (Fee for service)	Tues and Thur Ongoing

(Conditions apply\*) The program is free to cancer patients who have undergone treatment within the last two years and their carers. There may be a once off fee for your initial assessment with our qualified Exercise Physiologist, this is dependent upon your GP and private health care fund.

**To register call Cancer Council Helpline on 13 11 20**