Cancer Council Queensland

YOU'RE INVITED TO A Learning to Relax Workshop

A Learning to Relax Workshop is running in your local area. Anyone affected by cancer can participate, including patients, their partners, caregivers and friends.

This workshop is for those wanting to introduce relaxation into their daily life. Many people facing cancer have said that learning ways to better manage stress, such as practicing relaxation, has helped them cope with their cancer experience. These skills can also be useful for managing other stressful situations such as work and the challenges of daily life.

Cancer Council supports all Queenslanders affected by cancer, at all stages of the cancer journey. Cancer Council Queensland offers this service at no cost thanks to the generosity of our supporters in the community.

Wednesday 11 October, 2017
10:00 am – 12:30 pm
Cancer Council Queensland Office
553 Gregory Terrace, Fortitude Valley

Register today by calling 13 11 20
or email livingmindfully@cancerqld.org.au

Registrations close – 9 October, 2017