



# YOU'RE INVITED TO A Learning to Relax Workshop

**Learning to Relax Workshop is a two hour program 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 therapy 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 17<sup>th</sup> October 2018**

**1.30pm-3.30pm**

Register today by calling 13 11 20  
or email [livingmindfully@cancerqld.org.au](mailto:livingmindfully@cancerqld.org.au)

Registrations close – Monday 15<sup>th</sup> October  
Cancer Council Queensland Cairns Office  
169 Aumuller Street, Bungalow