

YOU'RE INVITED TO A

Learning to Relax Telephone Workshop

You are invited to register for a Learning to Relax Telephone Workshop which is running over two sessions. 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.

Workshop – Part 1

Thursday 30 May, 2019

11:00 am – midday

Workshop – Part 2

Thursday 6 June, 2019

11:00 am – midday

Register by calling 13 11 20
or visit www.cancerqld.org.au

Registrations close – 28 May, 2019

All Queenslanders, all cancers

13 11 20
cancerqld.org.au