



# Introduction to Mindfulness

**A free one hour session is running in your local area for anyone affected by cancer, their families and friends**

This session provides an overview of mindfulness and simple practices that can help you step out of busyness and worry about the future or the past, and be more present in your life.

*Mindfulness is about paying attention to what is happening here, now, with openness and kindness.*

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.

**When:** Wednesday, 27 November, 2019

**Time:** 10:00 am – 11:00 am

**Where:** Icon Cancer Centre Townsville  
9-13 Bayswater Road  
Hyde Park

**Parking:** Free parking available onsite

**RSVP** by Monday, 25 November via our website

<https://cancerqld.org.au/get-support/cancer-emotional-support/>