



Introduction to Mindfulness Webinar

A free one hour webinar is running for people affected by cancer, their families and friends

This webinar 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: Webinar – join via your computer, tablet or smartphone

We will contact you with login details prior to the event.

RSVP by Monday, 25 November via our website

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