



# Introduction to Relaxation Webinar

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

This webinar is for those wanting to reduce stress in their life and learn some simple ways to switch to the relaxation response. 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.

**When:** Thursday 31 October, 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, October 28 via our website

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

For further information please call 13 11 20.