

You're invited to a half day

Mindfulness workshop

Register for FREE!

A half day Mindfulness Workshop is running in your local area. Anyone affected by cancer can participate, including patients, their partners, caregivers, and friends.

The half-day workshop introduces participants to meditation skills and tools to live more fully in the moment, rather than being caught up in worries. Workshops are run for four hours in a supportive group environment.

Cancer Council Queensland supports all Queenslanders affected by cancer, at all stages of the cancer journey. Cancer Council Queensland offers this highly valued service at no cost thanks to the generosity of our supporters in the community.

Mindfulness workshop details

Register today!

Registrations close

To register call **13 11 20** or visit our website:
cancerqld.org.au/get-support/cancer-emotional-support/

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