



Introduction to Mindfulness and Cancer

Coping with cancer is demanding, both for your body and mind. At times you may find yourself so caught up in worries that it is difficult to think about anything else. Studies have shown there are benefits in the practice of mindfulness to manage the demands of cancer and the associated uncertainty.

Our presenter Sylvia Burns, is a Cancer Support Specialist based in the Cancer Counselling Service. Sylvia is a registered nurse with a background in psycho-oncology, and coordinates our Mindfulness programs.

We invite you, your family and friends to join this free online session from the comfort of your own home and ask questions in the Q & A chat.

Date: Tuesday 11 May 2021

Event Time: 10am to 11am

Location: Online webinar – join via your computer, tablet or smartphone

Topics and Speakers:

- Sylvia Burns, Cancer Support Specialist, Cancer Council Queensland
- Cancer Council Queensland Support Services – Vy Ngo

RSVP: Please RSVP your attendance no later than Monday 10 May 2021. To register, go to <https://event.webinarjam.com/register/75/z3n02soo> and complete your details. We will contact you with login details prior to the event.

For further information, please call **13 11 20** or email healthandcommunityrelationships@cancerqld.org.au