



Yoga and cancer: How yoga can assist with mind and body health

Research has shown that yoga has positive effects on decreasing stress, enhancing quality of life, and may help reduce pain. In this free webinar, gain information about yoga and cancer, and strategies for choosing yoga that is right for you. Join a Q & A session with Trish David, a yoga therapist experienced in providing yoga specifically for people affected by cancer.

Date: Wednesday, 7 October 2020
Event Time: 1.30pm to 2.30pm
Location: Online webinar – join via your computer, tablet or smartphone
Speaker: Trish David, Yoga Therapist

Topics will include:

- How yoga can support health and wellbeing during and after cancer treatment
- Adapting yoga to your level of function
- Try some simple yoga techniques
- Q & A session with Trish and a yoga participant

RSVP: Please RSVP your attendance no later than Monday, 2 October 2020. To register, go to <https://tinyurl.com/ccqsupport> , scroll down the page to this event, 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 cancersupportandinformation@cancerqld.org.au