

# Life Now.

## Staying well during and after cancer

The Life Now Program offers free evidence-based exercise and meditative courses to support cancer patients and their carers. We invite people affected by cancer and their primary carer to take part in these free courses, which are funded through generous community donations.

### Course Timetable - Term 1 2021

#### Mindfulness - 8 week course

Location	Day	Time	Dates
Midland	Wednesdays	10.00am - 12.00pm	10 February - 31 March
Online	Fridays	10.00am - 12.00pm	5 February - 26 March

#### Tai Chi - 6 week course

Location	Day	Time	Dates
Bunbury	Wednesdays	10.00am - 11.00am	17 February - 24 March
Butler	Mondays*	1.00pm - 2.00pm	15 February - 29 March
Rossmoyne	Fridays	10.15am - 11.15am	19 February - 26 March

#### Yoga - 6 week course

Location	Day	Time	Dates
Bunbury	Tuesdays	9.30am - 10.30am	16 February - 23 March
Clarkson	Thursdays	10.45am - 11.45am	18 February - 25 March
Geraldton	Wednesdays	1.00pm - 2.00pm	17 February - 24 March
Hamilton Hill	Mondays*	12.00pm - 1.00pm	15 February - 29 March
Mandurah	Mondays*	10.30am - 11.30am	15 February - 29 March
Margaret River	Saturdays	10.30am - 11.30am	20 February - 27 March
Shenton Park	Wednesdays	5.30pm - 6.30pm	17 February - 24 March
Online	Wednesdays	11.15am - 12.15pm	17 February - 24 March

\* No class on Labour Day Public Holiday, Monday 1 March 2021.



**Registrations are essential.** To register for Life Now or to obtain further information call **13 11 20** and select 'speak to a nurse' or visit [cancerwa.asn.au](http://cancerwa.asn.au) and enter 'Life Now' in the search.