



breast cancer
care wa

Living well after breast cancer

*Exercise, mindfulness, yoga, support groups, workshops
and webinars to support your wellbeing.*

Term 2, 2024



Welcome to our Living Well program



Breast Cancer Care WA presents a suite of wellness activities, interactive workshops, educational webinars, discussion groups and community events designed to empower people who have completed active treatment for early breast cancer.

Scan the QR code to register your interest in our range of wellness activities.

Please note: The Living Well program is generously funded by the community. Places are limited in group activities, please only register if you can commit to most sessions. Attendance at the first session is important.

Life after cancer flowchart





Pilates

Mat Pilates

Pilates is a mind-body exercise which can assist in re-connecting with your body, and aid in strengthening muscles, improving balance and overall well-being

Facilitator/s: Stephanie Schmidt
Occupational Therapist and Polestar Pilates instructor

Venue: Murdoch

Time: 9:00am-10:00am

Dates: Thu 16/23/30 May & 13/20/27 June

Apply: Fill out [Health History Form](#)

Email Form to: living.well@breastcancer.org.au



Exercise

Online Exercise

Small group, exercise physiologist-led, strength, balance, and mobility program delivered online.

Facilitator/s: Claire and Christell
ECU's Exercise Medicine Research Institute

Venue: Online

Time: 8:00am – 9:00am

Dates: Mon 13 May – 17 June (3 June no class)

Apply: Fill out [Health History Form](#)

Email Form to: living.well@breastcancer.org.au



Yoga

Gentle Yoga

Gentle Yoga is a relaxing, mat-based yoga class with ample relaxation, mindfulness, and breathing, as well as a sequence of simple postures which can be adapted to meet most needs.

Facilitator/s: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Cottesloe

Time: 12:30pm – 1:30pm

Dates: Wed 8 May – 12 June

Register: Fill out [Health History Form](#)

Email Form to: living.well@breastcancer.org.au

Yin Yoga (online)

Yin Yoga is a slow, meditative style of yoga where all the postures are done on the floor and each shape is held for up to 5 minutes. Yin is non-strenuous and is ideal if you are feeling fatigued.

Facilitator: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Online

Time: 6:30pm – 7:30pm

Dates: Tue 7 May – 11 June

Register: Surya Health – information below

Gentle Flow Yoga (online)

A slow, flowing class which includes relaxation, breath awareness, and mindful movement designed to build strength gently, improve mobility, and manage stress.

Facilitator: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Online

Time: 7:00pm – 8:00pm

Dates: Mon 6 May - 10 June

Register: Surya Health – information below



Gentle Yoga (online)

A slow, non-flowing class with a focus on mindfulness, breathing, and building strength and balance.

Facilitator/s: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Online

Time: 7:00pm – 8:00pm

Dates: Wed 8 May – 12 June

Register: Surya Health – information below

Vinyasa Flow (online)

The most vigorous of our yoga offerings, with a flowing sequence of postures linked by each breath. Expect to build some heat as well as improving strength, balance, and mobility.

Facilitator: Chandrika Gibson

Venue: Online

Time: 9:30am – 10:30am

Dates: Thu 9 May – 13 June

Register: Surya Health – information below

Registrations for online yoga

How to register:

Step 1: Fill out a [Yoga intake form](#)

Step 2: Register for your free Breast Friends Term pass [here](#)
<https://suryahealth.punchpass.com/passes/193593>

Step 3: Book your classes [here](#)
<https://suryahealth.punchpass.com/classes>

You will receive a Zoom link in your email inbox prior to your class.

Enquiries to chandrika@suryahealth.com.au



Mindfulness

Mindfulness meditation

A fortnightly opportunity to develop a regular mindfulness practice, a simple yet powerful way to slow down, decrease stress, and be kind to yourself.

Facilitator: Katie Marsh
Counsellor

Venue: Online

Time: 12:30pm – 1:00pm

Dates: 29 April, 13, 27 May, 10, 24 June

Register: living.well@breastcancer.org.au



Discussion groups

Living well groups

These groups use resources including podcasts to prompt discussions on relevant topics.

Bunbury

Facilitator/s: Katie Marsh
Counsellor

Venue: Bunbury

Time: 10:00am – 12:00pm

Dates: Thu 2 May, 6 June

Register: living.well@breastcancer.org.au

Online

Facilitator/s: Aileen McCaul
Counsellor

Venue: Online

Time: 7:00pm – 8:00pm

Date: Thu 11 April, 9 May, 13 June, 11 July

Register: living.well@breastcancer.org.au

Midland

Facilitator/s: Holly Pertwee
Counsellor

Venue: Midland

Time: 12:30pm – 2:30pm

Date: Thu 9 May, 13 June, 11 July

Register: living.well@breastcancer.org.au

Hamersley

Facilitator/s: Jacqui Cairns
Counsellor

Venue: Hamersley

Time: 10:00am – 12:00pm

Date: Tue 21 May, 23 July

Register: living.well@breastcancer.org.au



Workshops

Mindfulness-based Breast Cancer Recovery

6 weeks online which will introduce you to the role of mindfulness in living well after treatment.

Facilitator/s: Dr Chandrika Gibson-Yoga
Therapist, Jacqui Cairns-Counsellor,
Karen Lewis-Specialist Breast Care
Nurse

Venue: Online

Time: 11:00am – 1:00pm

Date: Thu 2 May – 6 June

Register: living.well@breastcancer.org.au

Clay therapy

Learn skills to quieten your mind and step away from the anxieties of breast cancer through the grounding medium of clay.

Facilitator/s: Jacqui Cairns
Counsellor

Venue: Cottesloe

Time: 9:30am – 2:30pm

Date: Friday 3rd May

Register: living.well@breastcancer.org.au

Calming the stress response

An online workshop that aims to demystify the body's response to stress, empowering you to find your own uncomplicated breathing, muscle relaxation and other strategies that use your nervous system to calm stress down, even just a little.

Facilitator: Katie Marsh
Counsellor

Venue: Online

Time: 6:30pm – 8:30pm

Date: 30 April (YWEBC*), 21 May,
11 June (9:30am-11:30am)

Register: living.well@breastcancer.org.au

*Young women with Early Breast Cancer



Webinars

Exercise Medicine for People with Breast Cancer – with Prof Rob Newton

Join us live online for an informative and inspirational webinar by Professor Rob Newton, founder of Edith Cowan University's Exercise Medicine Research Institute.

Facilitator/s: Professor Rob Newton

Venue: Online

Time: 12:30pm – 1:30pm

Date: Wed 17 April

Register: [Click to register](#)

Nutrition Across the Breast Cancer Continuum

Nutrition Webinar 1: Prehabilitation – preparing for breast cancer treatment

Facilitator/s: Adele Hug, Accredited Practising Dietitian
Venue: Online
Time: 2pm – 3pm
Date: Wed 8 May
Register: [Click to register](#)

Nutrition Webinar 2: Eating well during breast cancer treatment

Facilitator/s: Adele Hug, Accredited Practising Dietitian
Venue: Online
Time: 2pm – 3pm
Date: Wed 5 June
Register: [Click to register](#)

Sleep Well

Facilitator/s: Dr Josh Wiley
Venue: Online
Time: 9am – 10:30am
Date: Wed 12 June
Register: [Click to register](#)

Returning to Work

Facilitator/s: Sue Woodall, Live Work Cancer
Venue: Online
Time: 2pm – 3pm
Date: Tue 18 June
Register: [Click to register](#)



Other ways to keep active...

Community walking and running

These free community groups are a wonderful way to get active. You can attend solo, or you could go with your 'Breast Friends' from Breast Cancer Care WA.

[Walking for Heart Health](#) is a community program facilitated by the Heart Foundation. Find a walking group near you on their website.

[Park Run](#) is a community program which involves a 5km walk/run at 8am every Saturday. Find a Park Run near you on their website.

