



breast cancer
care wa

Living well with metastatic breast cancer

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

Term 2, 2024



Welcome to our Living Well program

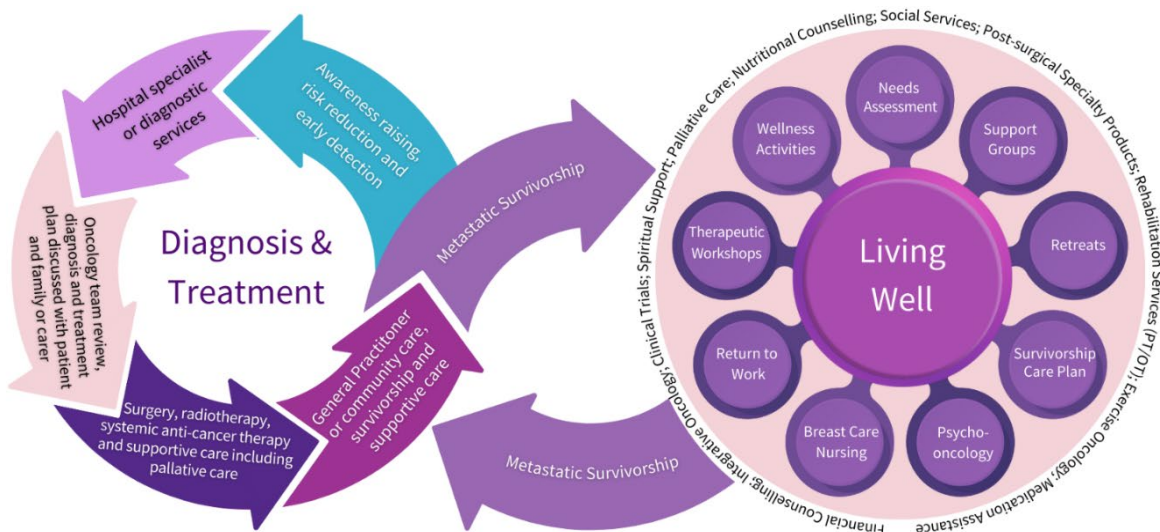


Breast Cancer Care WA presents a suite of wellness activities, interactive workshops, educational webinars, retreat days, alongside tailored support from our metastatic breast care nurse and counsellors.

This program is designed to improve wellbeing for people with metastatic 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. All physical activity has some risk. If you have bone metastases or are unsure if you should exercise for any reason, please see your medical professional for advice before registering. Our Online Exercise program currently excludes people with multiple bone metastases. Gentle Yoga and Online Yin Yoga are inclusive for all; however, participation is at your own risk.

Living well with metastatic breast cancer flowchart





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: 7:00am – 8:00am

Dates: Tue 14 May – 18 June

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. This is not always comfortable; however, it is a mindful practice which can help with managing discomfort over time.

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

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



Workshops

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: 9:30am – 11:30am

Date: Thu 23 May

Register: living.well@breastcancer.org.au



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](#)



Metastatic Retreat Day

Join us for gentle yoga, mindfulness meditation, sound healing, chair massage, and lunch.

Facilitator/s: Dr Chandrika Gibson-Yoga Therapist
Melanie Rowley - Metastatic Breast Care Nurse

Venue: Cancer Wellness Centre, Cottesloe

Time: 10:00am – 3:00pm

Date: Tue 28 May

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

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



Support Groups

These run on a monthly basis, from February to November. Only Term 1 dates are noted below.

MBC (online)

Facilitator/s: Holly Pertwee
Counsellor

Venue: Online

Time: 12:30pm – 1:30pm

Dates: Wed 8 May & 12 June

Register: living.well@breastcancer.org.au

Young women (online)

Facilitator/s: Katie Marsh
Counsellor

Venue: Online

Time: 12:00pm – 1:30pm

Dates: Tue 28 May & 26 Mar

Register: living.well@breastcancer.org.au

Bunbury

Facilitator/s: Katie Marsh
Counsellor

Venue: Bunbury

Time: 12:30pm – 2:30pm

Dates: Thu 9 May & 13 June

Register: living.well@breastcancer.org.au

Murdoch Support Group

Facilitator/s: Aileen McCaul
Counsellor

Venue: Murdoch

Time: 10:00am – 12:00pm

Dates: Fri 10 May & 14 June

Register: living.well@breastcancer.org.au

Mandurah Support Group

Facilitator/s: Katie Marsh
Counsellor

Venue: Mandurah

Time: 10:00am – 12:00pm

Dates: Wed 8 May & 12 June

Register: living.well@breastcancer.org.au

Joondalup Support Group

Facilitator/s: Jacqui Cairns
Counsellor

Venue: Joondalup

Time: 10:00am – 12:00pm

Dates: Fri 17 May & 21 June

Register: living.well@breastcancer.org.au

Cottesloe Support Group

Facilitator/s: Aileen McCaul
Counsellor

Venue: Cottesloe

Time: 10:00am – 12:00pm

Dates: Wed 1 May & 5 June

Register: living.well@breastcancer.org.au



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.