



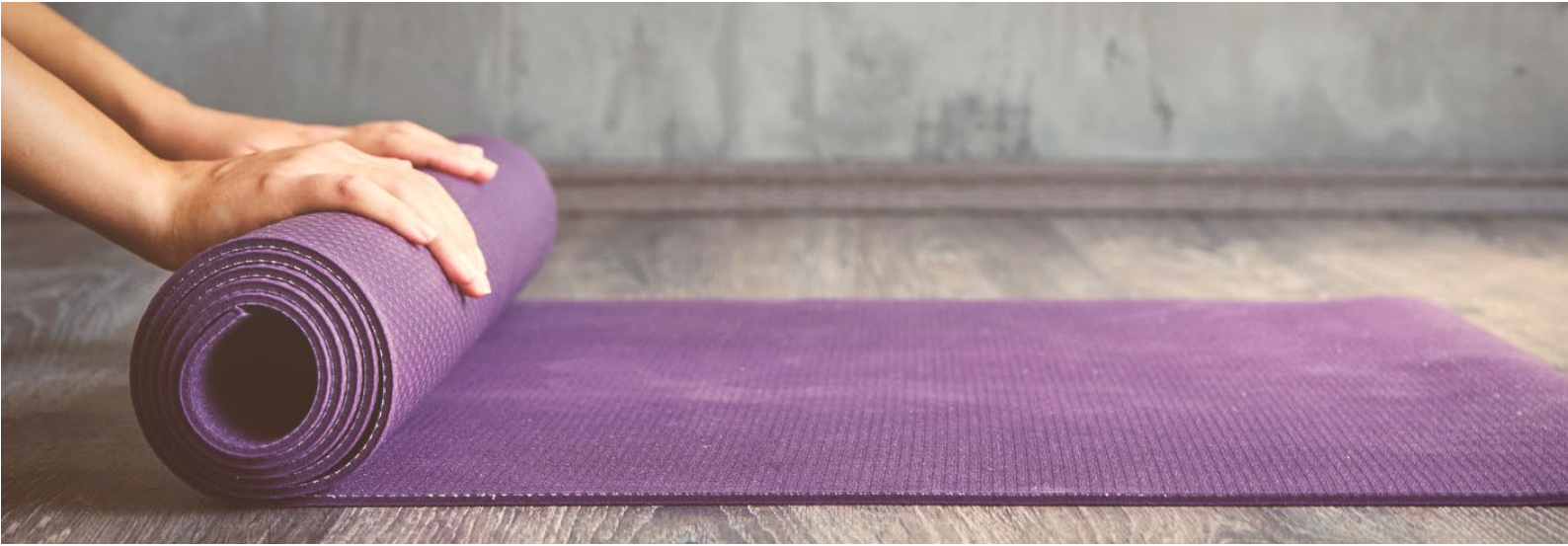
breast cancer
care wa

Term 3, 2024



Living well after breast cancer

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



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.





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: Stephanie Schmidt
Occupational Therapist and Polestar Pilates instructor

Venue: Hamersley

Time: 11:00am-12:00pm

Dates: Tue 6 August - 10 September

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

Email Form: 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: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Cottesloe

Time: 12:30pm - 1:30pm

Dates: Wed 7 August - 11 September

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

Email Form: 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 5 August - 9 September

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

Email Form: 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 6 August - 10 September

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 5 August - 9 September

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: Chandrika Gibson
C-IAYT Yoga Therapist

Venue: Online

Time: 7:00pm – 8:00pm

Dates: Wed 7 August – 11 September

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 8 August – 12 September

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



Discussion groups

Living well groups

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

Bunbury

Facilitator: Katie Marsh
Counsellor

Venue: Bunbury

Time: 10:00am – 12:00pm

Dates: Thu 1 August, 5 September

Register: living.well@breastcancer.org.au

Online

Facilitator: Aileen McCaul
Counsellor

Venue: Online

Time: 7:00pm – 8:00pm

Date: Thu 11 July, 8 August, 12 September, 10 October

Register: living.well@breastcancer.org.au

Midland

Facilitator: Holly Pertwee
Counsellor

Venue: Midland

Time: 12:30pm – 2:30pm

Date: Thu 11 July, 8 August, 5 September, 17 October

Register: living.well@breastcancer.org.au

Hamersley

Facilitator: Jacqui Cairns
Counsellor

Venue: Hamersley

Time: 10:00am – 12:00pm

Date: Tue 23 July

Register: living.well@breastcancer.org.au



Workshops

Vision Board

Vision Board is a simple, effective visual tool for capturing goals, desires and intentions for the present and future.

Facilitator: Katie Marsh
Counsellor

Venue: Cottesloe

Time: 9:45am – 12:30pm

Date: Tue 13 August

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: Various

Date: Tue 9 July (6.30pm – 8.30pm)
Tue 6 August (9.30am – 11.30am)
Tue 3 Sept (6.30pm – 8.30pm)
Tue 8 Oct (9.30am – 11.30am)

Register: living.well@breastcancer.org.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: 8, 22 July, 5, 19 August,
2, 16, 30 September

Register: living.well@breastcancer.org.au



Webinars

Nutrition Webinar: Eating well after breast cancer

Facilitator: Adele Hug, Accredited Practising Dietitian

Venue: Online

Time: 2pm – 3.30pm

Date: Wed 24 July

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.