



breast cancer
care wa



Living well

after early 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.

Contact us to register your interest in our range of wellness activities.

While you are welcome to get involved in our Living Well program anytime from diagnosis, many of the group activities have limited capacity so we ask for your commitment to attend scheduled sessions. If you are very busy with appointments or feeling very unwell, it may be preferable to wait until after active treatment is complete. See each activity listing to see what will suit you best, or feel free to contact us for more information. Email living.well@breastcancer.org.au, or call 9324 3703.

The Living Well program is generously funded by the community.





Yoga

Online Yoga

- Facilitator:** Chandrika Gibson
C-IAYT Yoga Therapist
- Venue:** Online via Zoom
- Equipment:** You will need an internet connected device with camera and audio functionality. A quiet space at home where you can set up your yoga mat, yoga block, bolster, blanket and eye pillow.
- Duration:** 1 hour per class
- When:** Start anytime. Choose from different styles of yoga at the following times:

Gentle Flow

Start slowly and limber every joint in your body before moving through standing and seated sequences designed to improve strength, stability and balance. Ample relaxation and breathing included in this welcoming class.

When: Monday 7 pm

Yin Yoga

A mellow, meditative style of yoga where shapes are held for up to 5 minutes. No weight-bearing and ideal when feeling fatigued. Light a candle, gather your props and get cosy.

When: Tuesday 6.30 pm

Gentle Hatha

Gentle Hatha - a non-flowing class with time to explore alignment and build strength and mobility gradually. Ideal for recovering after treatment and for days when you feel all the aches and pains too.

When: Wednesday 7 pm

Slow Flow Vinyasa

The most active class on offer which includes weight bearing on arms as part of flowing sequences where each shape is held for around 5 breaths. Options are offered so you can adapt this class to suit yourself, however a moderate level of fitness will make this more enjoyable.

When: Thursday 9.30 am

Registrations for online yoga

Your Breast Friends pass entitles you to 6 free online yoga classes. Follow the instructions to book your preferred class dates/times.

How to register with Surya Health:

- Step 1: Fill out a [health history form](#)
- Step 2: Claim your Breast Friends pass [here](#). Maximum 2 passes per client per year (total 12 free classes)
- Step 3: Register for your online classes [here](#). You can choose the 6 class dates that suit you, and you must register for **each class** you intend to attend. The Zoom meeting link will arrive in your email inbox prior to each class you are registered to attend.

Enquiries to chandrika@suryahealth.com.au

Max participants for online yoga: 10 per class



Discussion groups

Living well groups

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

Online

Facilitator: Carol Guilfoyle, Counsellor

Suitable for: EBC (finished active treatment)

Venue: Online

Register: living.well@breastcancer.org.au
or call 9324 3703. **Please register for each date you'd like to attend.**

Midland (Boya)

Facilitator: Holly Pertwee, Counsellor

Suitable for: EBC (finished active treatment)

Venue: Midland (Boya)

Register: living.well@breastcancer.org.au
or call 9324 3703. **Please register for each date you'd like to attend.**



Workshops

Calming the stress response

In times of stress, have you found that nothing works to calm yourself down? That sick feeling in the stomach and racing mind persists no matter what you do, or your usual meditations don't work, leaving you frustrated with your mind and body.

This online workshop 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.

Even busy people will find ways to build stress calming techniques into daily routines.

Facilitator: Katie Marsh
Counsellor

Venue: Online

Register: living.well@breastcancer.org.au
or call 9324 3703.

Clay therapy

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

Facilitator: Jacqui Cairns, Counsellor

Venue: Cottlesloe

Register: living.well@breastcancer.org.au
or call 9324 3703.

Equipment: Please bring an old shirt or apron, as well as a tray or flat box for taking home your clay-work creations.

Total spaces: 9

Duration: 5.5 hour

To register or if you have any questions, please email living.well@breastcancer.org.au

Managing Hot Flashes

This small-group interactive workshop aims to increase your sense of being able to cope in the moment of a hot flush. An experienced counsellor will lead you through research-based Cognitive Behaviour Therapy and Self-Compassion principles, introducing a range of gentle, practical strategies that may help to reduce the distress of a hot flush.

Facilitator: Katie Marsh
Counsellor

Venue: Online

Register: living.well@breastcancer.org.au
or call 9324 3703.

Vision Board

A Vision Board is a simple, effective visual tool for capturing goals, desires and intentions for the present and future. In this relaxed and purposeful workshop you will cut and paste pictures and words from magazines to create a personalised vision board. There will be time for quiet contemplation, as well as opportunities to share your thoughts in a supportive environment. No artistic skills are required. This is a hands-on activity with easy steps which will be guided by a trained counsellor.

Facilitator: Katie Marsh
Counsellor

Venue: Cottlesloe

Register: living.well@breastcancer.org.au
or call 9324 3703.



Mindfulness

Meditation practice (online)

Twice-monthly 25-minute online sessions that practise mindfulness meditation, a simple yet effective way to slow down and decrease stress. Mindfulness meditation does not require the mind to be free of all thoughts.

Instead, it gently redirects thoughts from to-do lists and worrying back to the calm that can be found in breathing and muscle relaxation.

The focus of the sessions is on skills practice rather than discussion. These sessions are open to people with any breast cancer diagnosis.

Facilitator: Katie Marsh
Counsellor

Venue: Online

Register: living.well@breastcancer.org.au
or call 9324 3703.



Webinars

Nutrition for People Living with Breast Cancer with Dr Emily Jeffery

This webinar will cover dietary recommendations across all stages of a person's cancer experience, including diagnosis, treatment, and recovery. Emily will provide practical advice for eating throughout these stages based on her experience as a dietitian. Emily will also share information about current research investigating the role of calorie restriction, ketogenic diets, and the gut microbiome on treatment outcomes.

Facilitator: Dr Emily Jeffery

Venue: Online

Register: [Click here to register](#)

Managing Fear of Cancer Recurrence with A/Prof Ben Smith

Getting help with fear of cancer recurrence (FCR) is the most reported unmet need by people affected by cancer, leading to poorer mental health, lower quality of life, and greater healthcare use.

In this webinar, A/Prof Ben Smith will present information based on his research which has explored, developed, and tested psychological interventions to address fear of cancer recurrence.

Facilitator: A/Prof Ben Smith

Venue: Online

Register: [Click here 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.

[Cancer Council WA](#) offers a range of exercise and meditative courses through their Life Now program.