

May

Suitability

- ▲ Early breast cancer, post active treatment
- ◆ Metastatic breast cancer
- Newly diagnosed and in treatment



breast cancer
care wa

MON	TUES	WED	THURS	FRI
			1 ▲ Living well discussion group (Online) 7 - 8pm ▲ Yoga (Online) 9.30 - 10.30am	2 ▲ ◆ ● Clay therapy workshop (Cottesloe) 9.30am - 3pm
5 ▲ ● Yoga (Online) 7 - 8pm	6 ▲ ● Calming the stress response (Online) 6.30 - 8.30pm ▲ ◆ ● Yoga (Online) 6.30 - 7.30pm	7 ▲ ● Yoga (Online) 7 - 8pm	8 ▲ Yoga (Online) 9.30 - 10.30am	9
12 ▲ ◆ ● Mindfulness meditation (Online) 12.30 - 1pm ▲ ● Yoga (Online) 7 - 8pm	13 ▲ ◆ ● Yoga (Online) 6.30 - 7.30pm	14 ▲ ● Yoga (Online) 7 - 8pm	15 ▲ Midland living well discussion group 12.30 - 2.30pm ▲ Yoga (Online) 9.30 - 10.30am	16
19 ▲ ● Yoga (Online) 7 - 8pm	20 ▲ ◆ ● Yoga (Online) 6.30 - 7.30pm	21 ▲ ● Yoga (Online) 7 - 8pm	22 ▲ Yoga (Online) 9.30 - 10.30am	23
26 ▲ ◆ ● Mindfulness meditation (Online) 12.30 - 1pm ▲ ● Yoga (Online) 7 - 8pm	27 ▲ ◆ ● Yoga (Online) 6.30 - 7.30pm	28 ▲ ● Yoga (Online) 7 - 8pm	29 ▲ ◆ ● Nutrition Webinar with Dr Emily Jeffery (Online) 12.30 - 1.30pm ▲ Yoga (Online) 9.30 - 10.30am	30

June

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MON	TUES	WED	THURS	FRI
2 Yoga (Online) 7 - 8pm	3 Yoga (Online) 6.30 - 7.30pm	4 Managing hot flushes workshop (Mandurah) 10 am - 12.30 pm Yoga (Online) 7 - 8pm	5 Living well discussion group (Online) 7 - 8pm Yoga (Online) 9.30 - 10.30am	6 Clay therapy workshop (Cottesloe) 9.30am - 3pm
9 Mindfulness meditation (Online) 12.30 - 1pm	10 Vision Board Workshop (Cottesloe) 9.30am - 12pm	11 Managing Fear of Cancer Recurrence with A/Prof Smith (Online) 10 am - 11 am	12 Midland living well discussion group 12.30 - 2.30pm	13
16 Managing hot flushes workshop (Online) 6.30 - 8.30pm Yoga (Online) 7 - 8pm	17 Yoga (Online) 6.30 - 7.30pm	18 Calming the stress response (Online) 9.30 - 11.30 am Yoga (Online) 7 - 8pm	19 Yoga (Online) 9.30 - 10.30am	20
23 Mindfulness meditation (Online) 12.30 - 1pm Yoga (Online) 7 - 8pm	24 Yoga (Online) 6.30 - 7.30pm	25 Yoga (Online) 7 - 8pm	26 Yoga (Online) 9.30 - 10.30am	27
30 Yoga (Online) 7 - 8pm				

July

Suitability

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breast cancer
care wa

MON	TUES	WED	THURS	FRI
	1 Yoga (Online) 6.30 - 7.30pm	2 Yoga (Online) 7 - 8pm	3 Living well discussion group (Online) 7 - 8pm Yoga (Online) 9.30 - 10.30am	4
7 Mindfulness meditation (Online) 12.30 - 1pm Yoga (Online) 7 - 8pm	8 Yoga (Online) 6.30 - 7.30pm	9 Yoga (Online) 7 - 8pm	10 Yoga (Online) 9.30 - 10.30am	11
14 Yoga (Online) 7 - 8pm	15 Yoga (Online) 6.30 - 7.30pm	16 Yoga (Online) 7 - 8pm	17 Yoga (Online) 9.30 - 10.30am	18
21 Mindfulness meditation (Online) 12.30 - 1pm Yoga (Online) 7 - 8pm	22 Yoga (Online) 6.30 - 7.30pm	23 Yoga (Online) 7 - 8pm	24 Managing hot flushes workshop (Online) 10 am - 12 pm Yoga (Online) 9.30 - 10.30am	25
28 Yoga (Online) 7 - 8pm	29 Yoga (Online) 6.30 - 7.30pm	30 Yoga (Online) 7 - 8pm	31 Midland living well discussion group 12.30 - 2.30pm Yoga (Online) 9.30 - 10.30am	