



breast cancer
care wa



Living well

with metastatic breast cancer

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



Welcome to our Living Well Program

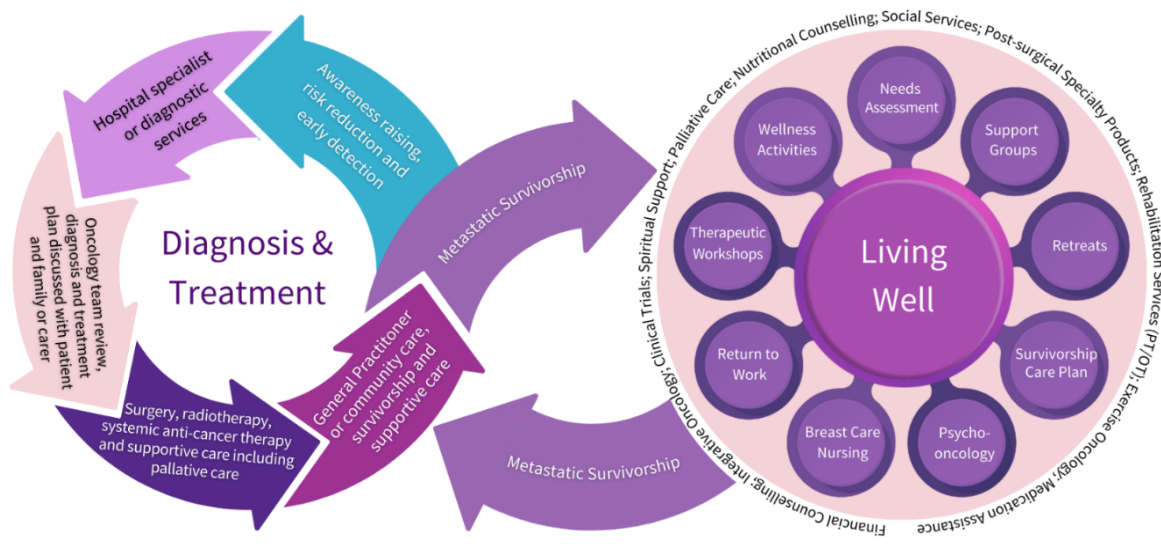
Breast Cancer Care WA presents a suite of wellness activities, interactive workshops, educational webinars, retreat days, alongside tailored support from our metastatic breast care nurse and counsellors.

This program is designed to improve wellbeing for people with metastatic breast cancer. Contact us to register your interest in our range of wellness activities.

A medical clearance form is required to participate in physical activities

All physical activity has some risk. To maximise safety and outcomes, we require annual medical clearance for participants living with metastatic breast cancer. We also require updated medical clearance if there is disease progression/change to your treatment. Please ask your treating specialist to complete this [medical clearance form](#).

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.





Yoga

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

Max participants: 10 per class

Register: Surya Health – information below

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:

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 must register for **each class** you intend to attend. The Zoom meeting link will arrive automatically via email prior to each class you are registered to attend.

Enquiries to
chandrika@suryahealth.com.au



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 and treatment. 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 via Zoom

Register: [Click to register](#)



Mindfulness

Online mindfulness meditation

Bi-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



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: Jacqui Cairns, Counsellor

Venue: Cottesloe

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

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.



Support groups

These run on a monthly basis, from February to November.

Metastatic support group (online)

Facilitator: Holly Pertwee, Counsellor

Venue: Online

Register: triage@breastcancer.org.au

Young women with MBC (online)

Facilitator: Katie Marsh, Counsellor

Venue: Online

Register: triage@breastcancer.org.au

Partners of people with MBC (online)

Facilitator: Aileen McCaul, Counsellor

Venue: Online

Register: triage@breastcancer.org.au

Bunbury support group

Facilitator: Katie Marsh, Counsellor

Venue: Bunbury

Register: triage@breastcancer.org.au

Mandurah support group

Facilitator: Katie Marsh, Counsellor

Venue: Mandurah

Register: triage@breastcancer.org.au

Cottesloe support group

Facilitator: Aileen McCaul, Counsellor

Venue: Cottesloe

Register: triage@breastcancer.org.au

Ardross support group

Facilitator: Carol Guilfoyle, Counsellor

Venue: Ardross

Register: triage@breastcancer.org.au

Joondalup support group

Facilitator: Jacqui Cairns, Counsellor

Venue: Joondalup

Register: triage@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.

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