



MINDFULNESS

Tuesday 9.30-10.30am or 11am-12pm

Term 1: 28 January - 1 April

Term 3: 22 July - 16 September

Term 2: 22 April - 1 July

Term 4: 7 October - 9 December

- Designed to give patients skills and techniques to focus on the present through meditation, breathing and gentle movement
- Mindfulness techniques can help calm the mind and enhance health and wellbeing by reducing stress and anxiety and helping cope with pain
- 2 x free terms per patient. Classes run in line with the Victorian School terms.
- Bookings essential, please contact the Cancer Wellness Coordinator to book.

LOCATION: Gobbé Wellness Centre at Bendigo Health. Parking available along Hope Street.

CONTACT: Cancer Wellness Coordinator on 5454 7140 or via email: cancerwellness@bendigohealth.org.au

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www.bendigohealth.org.au/cancerwellness



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