



Mindfulness means paying attention in a particular way; on purpose, in the present moment, non-judgmentally-
Jon Kabat Zinn

Free Mindfulness Course for Cancer Patients and their Carers: Learn how to Manage Stress with Present Moment Awareness



Health
Western Sydney
Local Health District



THE CROWN PRINCESS MARY
CANCER CENTRE, WESTMEAD

What: You are invited to a free 4-week beginners course aimed at providing patients and carers an opportunity to explore and experience a variety of mindfulness-based techniques and discover new ways to cope with stress and illness. This course is run by 2 Clinical Psychologists; Anita Ranganathan and Suparna Karpe.

Why: By paying more attention to the present moment, you can begin to appreciate what you already have. Mindfulness teaches you how to take control of your life – how to use your own inner resources to reduce stress and other unhelpful behaviours and thoughts – and thus enhance health and wellbeing.

Research supports the many benefits of mindfulness practice for cancer patients including to help ease anxiety, stress, pain and sleeping problems.

Course: 4 weeks March to April 2017

Time: 10:30am – 12 pm

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March

Week 1: Thursday **March 30th** Seminar Room 2, Level 2 in the Education Block

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April

Week 2: Thursday **April 6th** Lecture Theatre 4, Level 2 in the Education Block

Week 3: Thursday **April 13th** Lecture Theatre 2, Level 2 in the Education Block

Week 4: Thursday **April 20th** Seminar Room 2, Level 2 in the Education Block

Each session will run for 1.5 hours and will include information, practical instruction and strategies for integrating mindfulness into your everyday life. There is also the opportunity for participants to share experiences and ideas.

How to Make Contact

To register (or for further queries) please contact below (and leave a voicemail):

Anita Ranganathan on 9845 9538 or email anita.ranganathan@health.nsw.gov.au

Suparna Karpe on 9845 9539

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Please note registration is essential as places are limited. The dates and time of the course may also change depending on suitability for participants.

Crown Princess Mary Cancer Centre and Department of Gynaecological Oncology, Westmead