



RELAXATION AND MINDFULNESS

Tuesday 2pm- 2.45pm



Relaxation session that incorporates mindfulness, breathing methods and meditation techniques to help:

- Create a sense of wellbeing and support ability to relax
 - Build resilience
 - Balance emotions
- Support the immune system

What is required

Wear comfortable clothing with option to bring a pillow and blanket.
An intake form is required prior to starting.

To book please contact:

Wellness Centre Program Coordinator

Ph: **5445 2426**

Email: wellnesscentreprogram@erh.org.au

For consumers during active cancer treatment and 12 months post treatment.

