

lifeforce cancer foundation

Supporting people living with cancer since 1993

Patrons: Gabi Hollows AO & Prof. Michael Friedlander AM

Embracing life


MIND/BODY WORKSHOPS

to assist you on your
cancer treatment
and recovery journey

Weekly classes held in Edgecliff
run by experienced therapists using
sound, meditation, art, and movement to help patients
and their carers
on a cancer recovery journey.

\$10 donation

To register contact Jilly:
m: 0408 610 362 e: jilly@lifeforce.org.au

 @lifeforcecancerfoundation

 @lifeforcecancer

www.lifeforce.org.au



Generously funded by
Woollahra Council



Embracing life

8 WEEK WELLBEING PROGRAM

MONDAY EVENINGS, 6PM TO 7.30PM

VENUE:

St Joseph's Parish Hall
10 Albert St, Edgecliff

PROGRAM LAUNCH:

3rd April 2023
Introduction to the program.
Come along and meet the practitioners.

PROGRAM DATES:

1st May: Meditation & Sound Therapy 8th & 15th
May: Yoga
22nd & 29th May: Art Therapy
5th & 19th June: Qigong
26th June: Meditation & Sound Therapy

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