



Supporting people living with cancer since 1993

Patrons: Gabi Hollows AO & Prof. Michael Friedlander AM

Embracing
life

A large purple circle is superimposed over a photograph of a park with green grass, trees, and a body of water in the background. Inside the circle, the text "Embracing life" is written in a white, elegant script font. Below it, the words "MIND/BODY WORKSHOPS" are written in a smaller, white, sans-serif font.

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



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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 DATES 2024:

5th Feb: Meditation & Sound Therapy

12th & 19th Feb: Yoga

26th Feb & 4th March: Qigong

11th March: Music & Meditation

18th March: Art Therapy

25th March: Meditation & Sound Therapy

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