

**ARE YOU DEALING WITH A
CANCER DIAGNOSIS AND TREATMENT?**

**WHY IS RELAXATION AND
MEDITATION A USEFUL STRATEGY?
A MEDITATION AND RELAXATION WORKSHOP FOR
CANCER PATIENTS AND CARERS**

PRESENTER: Mudita Maclurcan,
BA(Psych), MAppSc, Acc.Yoga Teacher Level 2, SYTA

Hear about the evidence and research for the benefits of relaxation and meditation. Experience the practices and:
Learn how to:

- o Help deal with side-effects like nausea, insomnia, sleeping difficulties and fatigue
- o Relax and release tension, reduce anxiety and worry
- o Deal with stress and pain
- o Have more energy
- o Cope better emotionally

WHEN: 9.30am—1.00pm, Tuesday July 20, 2010
WHERE: Norman Nock Lecture Theatre 1,
Kolling Building, Royal North Shore Hospital
(Opposite RNSH Chapel)



FREE OF CHARGE
\$5.20 concession parking

RSVP BY 13/07/10 TO JUDY ON
992 67810 or jjosling@nsccahs.health.nsw.gov.au

*Morning tea provided — and an opportunity to meet with
Cansupport volunteer cancer survivors.*