

A Taste of Mindfulness

AN INTRODUCTORY WORKSHOP

For people who have had an experience with cancer and their loved ones
Friday 12th June • 10:00am - 12:30pm

Many people have heard of the benefits of mindfulness and meditation, but are unsure where to start. This morning workshop will cover:

- What is mindfulness and how it works using the latest evidence-based research
- The possible therapeutic benefits for people with cancer and their carers
- Easy and simple practices for you to experience and explore

Mindfulness practice has been associated with benefits for managing symptoms of stress, worry and depression, living with pain, and improving memory, focus and perspective taking on life issues.



**Mudita
Maclurcan**

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Mindfulness Based
Cognitive Therapy &
Stress Reduction
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Mudita is an internationally recognized allied health practitioner and guest speaker. She has been running workshops, retreats and weekly relaxation and meditation sessions for people with cancer and their loved ones for the last 18 years in metropolitan, rural Australia and International settings.

Chadwick-Pilone Room (Level 3)
Crows Nest Community Centre
2 Ernest Place (near the lawn area)
Crows Nest NSW

2-hour free Council Car Parking available in
Holterman Street. Disabled access available.



\$55 per person
\$25 concession
Morning tea provided



For further details and bookings please call
Headway Health on **(02) 9453 3027**
or email info@headwayhealth.com.au
www.headwayhealth.com.au