

Free Education Session
for Patients and Carers

Provided by Cancer
Services
Clinical Psychology
Team



COPING WITH CANCER

MINDFULNESS

Mindfulness involves being more fully aware of the present moment rather than dwelling in the past or worrying about the future.

Research supports the many benefits of mindfulness practice for cancer patients including helping ease anxiety, stress, pain and sleeping problems.

Learn more about the principles of mindfulness and how to put these into practice.



Monday 11th March 2024 1pm–
2.30pm

Westmead Hospital

Places are limited.

To register please email
WSLHD-Psycho-oncology@health.nsw.gov.au by
8/3/24 and further information will be sent to you.