

Free Education Session
for Patients and Carers

Provided by Cancer
Services
Clinical Psychology
Team



COPING WITH CANCER

SLEEP HEALTH

Problems getting a good night's sleep are very common during and after cancer treatment for many reasons. It's also common for carers to have problems sleeping.

If you are interested in learning more strategies for getting a good night's sleep then our Sleep Health session might help you.



Friday 22nd March 2024
10.30am - 12pm
Westmead Hospital

Places are limited.

To register please email
WSLHD-Psycho-oncology@health.nsw.gov.au by
18/3/24 and further information will be sent to
you.