



What

You are invited to a free 6-week beginners course aimed at providing patients and carers an opportunity to explore and experience a variety of mindfulness-based techniques and discover new ways to cope with stress and illness.

This course is run by two Clinical Psychologists **Suparna Karpe and Geaty Hamid.**

Why

Mindfulness teaches you how to take control of your life – how to use your own inner resources to reduce stress and other unhelpful behaviours and thoughts, and thus enhance health and wellbeing.

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

Mindfulness Based Stress Reduction Course 2019 for Cancer Patients and Carers

Where and When

The course will be run at the Westmead Hospital.

Course: 6 weeks (weekly from July 4, 2019 to August 8, 2019)

Thursday, Time: 2.00 pm-4.00 pm

Exact details provided after registration

Contact

To register (or for further queries) please contact:

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or email

Suparna.Karpe@health.nsw.gov.au

Geaty Hamid on 88903688
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Please note: registration is essential and the dates of the course may change depending on numbers.