



Cancer and Wellbeing Days

ALTONA

Friday 29 March
9.45am–2.30pm
Louis Joel Arts and
Community Centre
5 Sargood St

RINGWOOD EAST

Thursday 4 April
9.45am–2.30pm
Ringwood East
Community Hall
Knaith Rd

A cancer experience can challenge our physical and mental wellbeing. There are many changes that can come along with cancer treatment. These include body image and weight; stress, anxiety and depression; short and long term side effects like fatigue and lymphoedema.

All of these and more can have a negative impact on our quality of life.

Evidence is emerging to show that cancer patients may benefit from a range of mind-body therapies and lifestyle choices including meditation, yoga, tai chi, acupuncture, exercise and massage. These techniques are used alongside standard medical treatment to alleviate side effects, improve emotional health and a sense of wellbeing. It is always important to speak with your medical team about the therapies and activities you are using.

Come along to one of our Cancer and Wellbeing Days to learn about and experience some activities that may help you to improve your general wellbeing. Meet up with other women who are also interested in improving wellbeing. Experienced practitioners will provide sessions on yoga, tai chi, meditation, feldenkrais and exercise.

Light vegetarian lunch included.

All events are free, bookings essential

Unless stated otherwise, sessions are held at the Counterpart Resource Centre.

Book your place:

1300 781 500
www.counterpart.org.au/events
info@counterpart.org.au

Counterpart Resource Centre:

Level 5, Queen Victoria Women's Centre,
210 Lonsdale Street, Melbourne VIC 3000
Visit Monday, Wednesday, Thursday 10am–5pm
(Peer Support 10am–2pm)

Special Events

Stepping into Wellness

Six free weekly exercise sessions for women who have had breast or a gynaecological cancer diagnosis.

CRANBOURNE

Mondays
13 May to 24 June
(no class 10 June)
1.30pm–3.00pm

Register by
Monday 6 May

HEIDELBERG

Wednesdays
15 May to 19 June
10.30am–12.00pm

*Note morning sessions
Register by
Wednesday 8 May

To find out more or to register, please call us on **1300 781 500** or visit counterpart.org.au/exercise

Regular Activities

Reflexology

Reflexology offers tangible benefits to those living with a diagnosis of cancer and complements existing treatments. Please call **1300 781 500** to book a session.

Making Connections

Events specifically for women living with advanced breast or gynaecological cancers. Please call **1300 781 500** or visit our website for more information.

Feel Good Gentle Exercise

Facilitated by a qualified fitness instructor to encourage movement, flexibility and above all, fun. Held fortnightly on a Wednesday in the CBD. Please contact us to enrol.

Upcoming dates:

Feb 6 & 20 March 6 & 20 April 3 & 17



Counterpart is a service of Women's Health Victoria.
Counterpart is supported by the Victorian Government.

Women's Health Victoria acknowledges the traditional custodians of the lands and waters on which we work. We pay our respects to them, their culture and their Elders past, present and emerging.

What's On at

COUNTER  PART
Women supporting women with cancer

Free events
for women
affected by
breast or a
gynaecological
cancer.

Counterpart is a free, confidential service of Women's Health Victoria. We connect, support and inform women with breast or a gynaecological cancer to live well.

www.counterpart.org.au

COUNTERPART

Women supporting women with cancer

Connecting, supporting and informing women with breast or a gynaecological cancer to live well.

FREE EVENTS February – April 2019

FEBRUARY

Mindful slow stitching

Monday 18 February 11.00am–12.30pm

Join Leanne O'Sullivan, owner of Kimono House Japanese Textiles and Craft, for a relaxing morning of mindful stitching. Recycled cloth, thread and needle will be provided for you to stitch your own coaster size piece of textile art.



Peripheral neuropathy

Wednesday 20 February 12.00pm–1.00pm

WEBINAR ONLY

Peripheral neuropathy (damage to nerves in hands, feet and lower legs) is a side effect of some cancer treatments, particularly chemotherapy treatment. Consultant Medical Oncologist Shirley Wong will talk about why it happens, risk factors and what can be done to help.



Older fitter stronger

Monday 25 February 11.00am–12.00pm

Location: Women's Health Victoria, 8/255 Bourke St, Melbourne

It's important to maintain good health, fitness and strong bones as we age. Physiotherapist Libby Oldfield will outline the steps we can take, beginning right now, to improve our health and fitness into the future.



WEBINARS

This icon indicates a session will be run as a webinar. You must register before the event to participate. Please see our website for more information.

MARCH



Yoga and mindfulness in the south-east

Wednesday 6 March 10.00am–12.00pm

Location: Grenada room, level 1, St John Of God Berwick Specialist Centre, 55 Kangan Drive, Berwick

Meet and mingle with Counterpart Peer Support Volunteers and other women with breast or a gynaecological cancer and participate in yoga and finish with a short mindfulness activity. Take some time to relax, replenish and learn some new skills to take care of yourself. This yoga session uses sitting and standing postures and will not involve floor or mat work.

Counterpart is partnering with St John of God Hospital Berwick and the Women's Cancer Support Group to host this session.



Lymphoedema information session and morning tea. (Two locations)

March is Lymphoedema Awareness Month

Thursday 7 March 10.30am–12.30pm

Location: Women's Health Victoria, 8/255 Bourke St, Melbourne

Learn about what lymphoedema is, early warning signs, how to minimise the risk of developing lymphoedema and what to do if it develops. Physiotherapist Helen Eason will present the session at Counterpart Resource Centre.

Join us after the session for a cuppa and to view resources relevant to lymphoedema. You can also speak with Counterpart volunteers who are living with lymphoedema.

- OR -

Can't come to the city? We invite you to join others in the east

Location: Maroondah Breast Clinic, 20 Grey St, Ringwood East

10.30am–1.00pm

Join other women in Ringwood to participate in the live stream. Following this webinar, learn new skills and movements in a light exercise program to support lymphoedema management and stay for morning tea.



OUTREACH

This icon indicates a session that will be held outside of our Resource Centre. This allows more women to attend sessions closer to where they live.



Immune therapies and cancer

Monday 25 March 1.30pm–3.00pm

Location: Seminar Rooms 5 A and 5 B, Level 5, Olivia Newton-John Cancer Wellness and Research Centre, 145 Studley Rd, Heidelberg.

Professor Jonathan Cebon, Medical Director and Head of Cancer Immunobiology Laboratory, Olivia Newton-John Cancer Research Institute, will talk about the links between the immune system and cancer, immunotherapy and the development of new treatments that target cancer cells.



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Please see full details overleaf.

APRIL



Medical cannabis

Wednesday 3 April 12.00pm–1.00pm

Location: Women's Health Victoria, 8/255 Bourke St, Melbourne

Medical cannabis may be useful for some symptoms associated with cancer and cancer treatment, such as nausea, pain, and loss of appetite. Hear from Dr Becky Chapman, Staff Specialist in Palliative Medicine and Medical Oncology at Bendigo Health, about current evidence on this topic.

Meditation

Monday 29 April 10.30am–12.00pm

Learn how to relax the body and calm the mind. This introduction to meditation will help you learn and practise a variety of meditation techniques, as well as provide tips on how to squeeze meditation into a busy life. Matt Young from the Melbourne Meditation Centre will present this session.

Counterpart provides general information only. For further information, or to discuss your own situation, please consult your treating team.