

# Relaxation & Meditation

*for people with cancer & their carers*

***This program is suitable for people during cancer treatment and up to a year post treatment, as well as their carers***

- Learn ways to:**
- Relax and release tension
  - Cope better emotionally
  - Reduce stress and anxiety
  - Help alleviate sleeping difficulties, pain, fatigue & nausea

**When:** Fridays 9.30am – 10.30am  
(School terms only and flexible attendance once registered)

**Where:** RNS Community Health Centre  
2C Herbert Street, St Leonards  
Ground Floor – Dharug  
or Cammeraygal Room (as directed)

**Parking:** Metered street parking,  
RNS P2 or Westbourne Street (metered)

***This program is made possible by funding from our supporters***

## **To register please contact:**

The Cansupport Office,  
Level 1, Northern Sydney Cancer Centre  
Royal North Shore Hospital  
Reserve Road  
St. Leonards, NSW 2065

Tel: (02) 9463 1188

Email: [NSLHD-Cansupport@health.nsw.gov.au](mailto:NSLHD-Cansupport@health.nsw.gov.au)



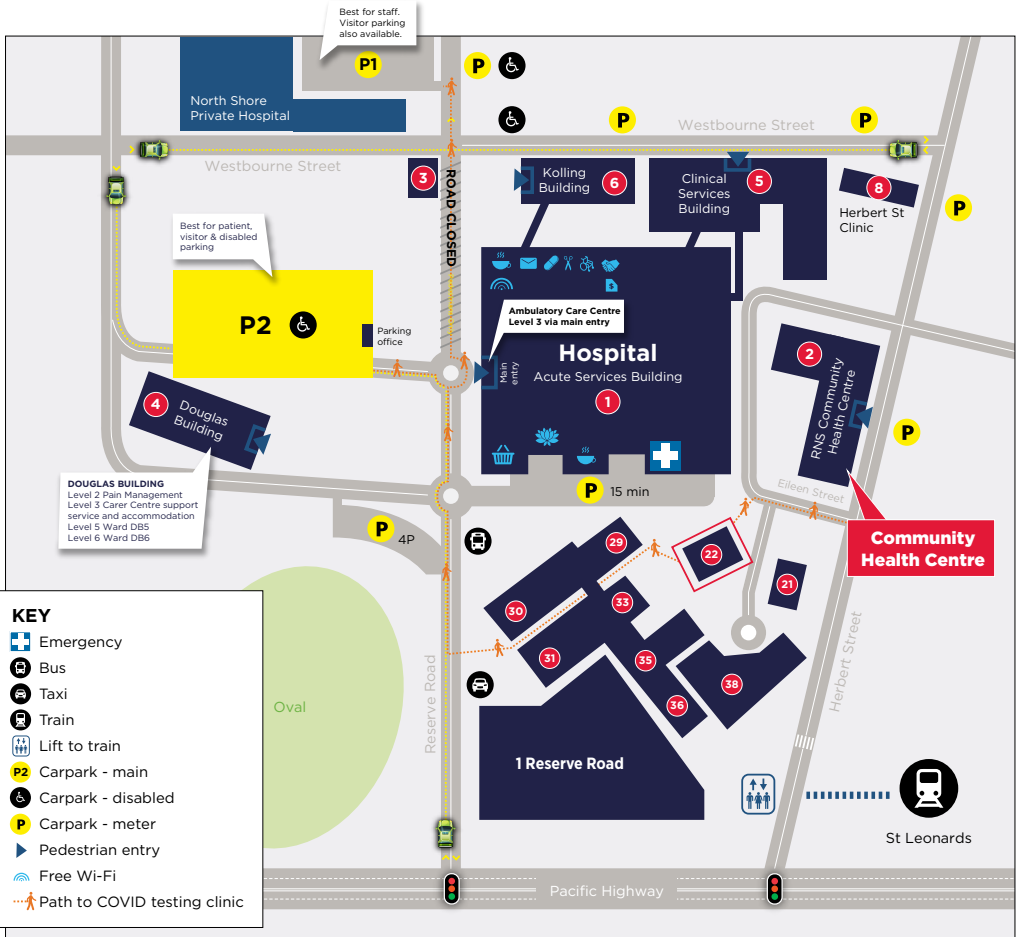
# Royal North Shore Hospital

## VISITOR MAP



## Welcome to RNSH

- 15 min drop-off and pick-up parking is available at the Main Entry & Emergency.
- Best parking for patients & visitors is **P2**.
- Parking Office is in **P2** car park.
- Meter parking also available.



- Patients and visitors please use **P2** car park.
- Concession card holders use **P2** car park.
- Meter parking is available in marked areas.
- Disabled parking is available in all meter parking areas and multi-storey car parks. Disabled parking permit must be displayed if you're parking in a disabled bay. Ask for a disabled parking information map at the Information Desk or Parking Office, or visit the website.
- Parking fees apply at RNSH and adjacent Council areas. Check signs for fees and time limits.
- Bicycle parking available in **P2** and **P1**.

