

Relaxation & Meditation

for people
with cancer
& their carers

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

When: Mondays (*during school terms only*)
9:30am – 10:30am; or
11:00am – 12 noon

Where: Dougherty Centre
7 Victor Street, Chatswood
(*Opposite entrance to
Westfield car park*)

Cost: By donation

Teacher: Jivan (Judy) Berry
Bachelor of Social Work, General Certificate of Nursing,
Accredited Yoga Teacher with Yoga Australia

PARKING AVAILABLE IN WESTFIELD CENTRE CAR PARK
(DIRECTLY OPPOSITE DOUGHERTY CENTRE)



Registration is essential prior to attending, so please contact:

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

Tel: (02) 9463 1195

Email: NSLHD-Cansupport@health.nsw.gov.au



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