

WHAT'S HAPPENING

in the Wellbeing Centre



Peter Mac
Peter MacCallum Cancer Centre
Victoria Australia

Join us for our regular wellbeing sessions for patients and their carers, or just relax and enjoy a cup of coffee or tea.

THIS WEEK... May 28 – May 1

Meditation	Monday and Thursday 3:00pm – 3:30pm
Movement and Relaxation <i>A gentle yoga-inspired session</i>	Tuesday and Wednesday 10:30am – 11:30am
Mindfulness & Self Care <i>More information on reverse side.</i>	Wednesday 1:00pm – 3:00pm
Knitting Circle Learn to knit or begin a project with our volunteers.	Wednesday 12:00pm – 2:00pm
Carers Circle Join other carers for afternoon tea and a chat.	Thursday 2:00pm – 3:00pm
Food for thought! Nutrition seminar and Q&A with one of our dieticians.	Thursday 11:30am – 12:30am

Contact us for more information



Visit our website at
www.petermac.org/events



Email us at
WellbeingCentre@petermac.org



Call us on (03) 8559 6260



Wellbeing Centre, Level 1
Peter MacCallum Cancer Centre
305 Grattan Street
Melbourne 3000 VIC

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Mindfulness and Self-Care

Wednesday, 30 May

1:00pm – 3:00pm

Are you looking to motivate yourself with encouragement rather than criticism? Would you like to respond to difficult feelings with greater ease, warmth and understanding? Mindful self-compassion can help you to practice the art of gratitude and self-appreciation.

Patients and carers welcome!

Food for thought! Got a question about nutrition?

Thursday, 31 May

11:30am – 12:30pm

Nutrition can play an important role in how your body copes with treatment and how quickly you recover. Come along to this relaxed Q&A session and let the experts answer your questions.

Carers Circle

Thursday, 31 May

2:00pm – 3:00pm

Join other carers for afternoon tea and a chat in the Wellbeing centre.