

2010

What's On at



BreaCan is a free, confidential information and support service for people affected by breast cancer or a gynaecological cancer. The service is open 10.00am–2.00pm Monday, Wednesday and Thursday, Ground Floor, Queen Victoria Women's Centre, 210 Lonsdale Street, Melbourne. Call in or phone one of our trained volunteers on **1300 781 500**.

Session numbers are limited so please book early to avoid disappointment.

August



Meditation

Monday 9 August 12–1.30pm

You've probably heard about the benefits of meditation: clearer thinking, reduced stress, better health, relief from pain, deep relaxation and so on. Join Matt Young from the Melbourne Meditation Centre for an introductory session on "What Is Meditation?" so that you can learn how to effectively relax the body and calm the mind.

Too Much, Too Little, Too Late

Monday 23 August 12–1.30pm

Are you having difficulty finding the right health information to get the answers that you are after? Join Mary Russell, Librarian and Freelance Indexer who helped establish BreaCan's resource collection, to learn some tips and tricks for finding good, reliable information that meets your needs. Mary will explore how to use libraries and the internet effectively and provide some guidelines for assessing the quality of the information you find.

Stitch, Knit and Natter!

2nd Thursday of the month,

10.30am–12.30pm

Aug 12 Sept 9 Oct 14

Following the enormous interest we receive when we advertise sessions on Sashiko and Fabric Origami, we know there are lots of women who enjoy their craft work and are on the lookout for different or innovative techniques. Why not consider our craft mornings to complete your unfinished project, share ideas and maybe pick up a tip or two? Knitting, quilting, embroidery, hand sewing, cross stitch – no project too big or too small! You bring along your handcraft and expertise and we'll provide the cuppa. It's also a really good opportunity to connect with other women who've experienced cancer. Please note, no materials provided.



September



Bras, Boobs and Breast Forms

Wednesday 1 September 12–1.30pm

Christina Carlyle-Taylor, an experienced Corsetry and Mastectomy Fitter, will cover the finer points in finding that elusive, well fitting bra. Pauline and Joy, who have experienced breast cancer, will model the bras. The session will cover traditional bras, bras for breast forms and bathers, as well as tips on looking after your bras and breast forms.

Forum for Women Living with Advanced Cancer: 'Hope In The Face Of Uncertainty'

Saturday 11 September 10am–3.30pm

Women living with advanced cancer are invited to this very special forum, a joint initiative by BreaCan and Cancer Council Victoria. Come and connect with other women living with advanced cancer, listen to our guest speakers, attend an information session and participate in some fun and creative workshops. Booking is essential and partners or a family member are also very welcome to attend.

*Please register by **Monday 6 September** to BreaCan on 1300 781 500 or brecan@brecan.org.au.*

A Picture Paints ...

Thursday 16 September 11am–2pm

'You don't need to be Rembrandt to paint or create', as Picasso might have said. Do you get the creative urge but think you are no good at art? This workshop is for people who have a creative urge but lack confidence in making art. Join us and explore how the creative process can enrich your life. Emma Rose is an experienced facilitator and art therapist. Come with an open mind and adventurous spirit in order to enjoy a relaxed and interactive session that aims, above all to be informative, liberating and fun. *Lunch provided and numbers are limited, so please book early.*

What it Means to Have a Family History of Cancer

Thursday 30 September 11am–12.30pm

A cancer diagnosis is difficult enough, but factor in a family history of breast or ovarian cancer and the issues and complexities increase significantly. Mary-Anne Young, Genetic Counsellor with the Familial Cancer Centre at Peter Mac, will talk about the role of the Centre, its innovative projects, and the support available to people faced with a family history of cancer.

October



Tai Chi (evening session)

Wednesday 6 October 6–7.30pm

Mind, body and spirit are all exercised simultaneously by this ancient Chinese exercise. Join Konrad Dorn from The Art of Harmony Tai Chi and Qi Gong Centre to learn more about the health benefits of tai chi – perfect if you'd always wanted to give it a go but didn't know where to start!

Hormones R Hopping

Wednesday 20 October 10.30am–12pm

Most of us know that hormones play an important role in our health and well being, but we may not understand why. Prof. Jeffrey Zajac, Head of Endocrinology and General Physician with Austin Health, will give an overview on hormones and how they work. He'll explain what happens when a woman's hormones change due to menopause, either naturally or chemotherapy induced, and how these changes might impact on a younger woman compared to an older woman. Jeffrey will also discuss the links between hormones and breast cancer, and other cancers.

Introductory Hand & Foot Reflexology

Reflexology is a system of health care, incorporating mind, body and spirit. It offers tangible benefits to those living with a diagnosis of cancer and complements existing treatments. Jennifer Rigby is a reflexologist and registered nurse offering an opportunity to alleviate some of your stress and tension. Please call to book an appointment.

**August 11 & 25, September 15 & 29,
October 6 & 27**

Feel Good Gentle Exercise Program

This program offers gentle exercise to tone the body and help the lymphatic system. Conducted by a qualified instructor, the sessions are held fortnightly on a Wednesday from 10.30 - 11.30am. Women participating need to complete enrolment forms prior to attending.

**August 4 & 18, September 1, 15 & 29,
October 13 & 27**

Women Living with Advanced Cancer

BreaCan runs activities for women with advanced breast or advanced gynaecological cancers. If you would like to know more please call 1300 781 500.

Some Information Sessions are recorded and available to borrow on CD, or download as a podcast from our website.

BreaCan is a service of Women's Health Victoria and is funded by the Victorian Department of Health

For more information visit www.brecan.org.au.