

# Cancer, Healing & Wellbeing

## The Gawler Foundation 12 Week Cancer Self-Help Programme

Cathy Brown is an endorsed leader and will be facilitating The Gawler Foundation 12 Week Cancer Self-Help Programme – Cancer, Healing and Wellbeing.

Consistent with the principles of integrated medicine, the programme applies a self-help approach designed to improve both quantity and quality of life. This enables participants to make informed, effective choices and better manage their own healing journeys.

Each 2.5 hour session is interactive, supported by handouts and focuses on a specific theme from Ian Gawler's book 'You Can Conquer Cancer'. There is plenty of time to practice techniques as well as opportunity for discussion and questions.

The programme will be held at the Cancer Support Association building in Cottesloe. There are limited places on the program so be sure to book your place early.

### On the programme you will learn to:

- Activate your potential for healing
- Relax effortlessly and meditate deeply
- Develop and sustain a positive state of mind
- Understand the role of nutrition and healthy diet for healing
- Develop strategies to manage pain and fear
- Find meaning and purpose in life

### Weekly Topics include:

Week 1: Introduction and Meditation 1

Week 2: Meditation 2

Week 3: Mind Training 1

Week 4: Food 1

Week 5: Food 2

Week 6: Pain Management

Week 7: Healing

Week 8: Causes and solutions for cancer

Week 9: Mind Training 2

Week 10: Living and Dying

Week 11: Healthy Emotions

Week 12: Health and Wellbeing

**Cost is \$350 per person. For information and to register phone 9384 3544 or go to [www.cancersupportwa.org.au](http://www.cancersupportwa.org.au)**

## About Cathy Brown



**“Cancer is a challenge – something you can conquer. Use it to make changes in your life – the things you have always been going to do. Do them now and change them now. Be open to things you may never have explored before.”**

Cathy Brown was diagnosed with malignant melanoma twenty years ago. Her determination to beat cancer, her wisdom and her grace have been an inspiration to the CSA community for two decades.

Cathy will facilitate the coming Gawler Foundation 12 Week Cancer Self-Help Programme – Cancer, Healing and Wellbeing – which commences at CSA in February 2010. You can register your interest with reception.

This is a fantastic opportunity to learn Ian Gawler's cancer healing methodology from an inspirational woman who is a living example of how a powerful will to live combined with the commitment to do 'whatever it takes' can literally cure cancer.

# Become a CSA member

Return this form to make a donation or become a CSA member

I would like to become a CSA member for \$50 per annum, and have enclosed this amount

I would like to make a donation. Enclosed is

\$30  \$50  \$100 Other \$ \_\_\_\_\_

Enclosed is my cheque/money order or please debit my credit card detailed below:

BankCard  Master Card  Diners

Visa Card  AMEX

Card No:

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Card Expiry Date  /

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

## Details for membership

Full Name \_\_\_\_\_

D.O.B. \_\_\_\_\_

Postal Address \_\_\_\_\_

Phone No. \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

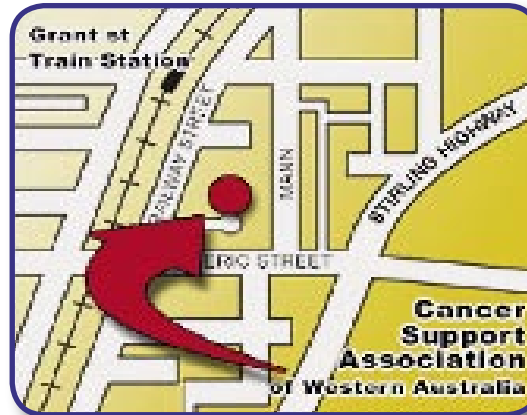
Name of support person (optional) \_\_\_\_\_

Type of cancer \_\_\_\_\_

**Post to:**  
**Cancer Support Association**  
**PO Box 325, Cottesloe WA 6911**



ABN 16 776 691 650



The Cancer Support Association of Western Australia Inc has its main office at the heritage listed 'Wanslea House' building located at 80 Railway Street in Cottesloe, Perth, Western Australia (Postal Code 6011).

The CSA is easily accessible by public transport (bus & train). We are directly across from the Grant Street train station. For public transport timetable and route details, please go to the website: [www.transperth.wa.gov.au](http://www.transperth.wa.gov.au) and follow the instructions on the Journey Planner.

If you choose to drive to CSA parking is available onsite. Valet parking is also available if required.

The CSA is open from Monday to Friday 9.00am - 5.00pm.



## Cancer Support Association of Western Australia Inc.

*Environment, Wellness & Healing*

80 Railway Street, PO Box 325, Cottesloe, WA, 6911  
Phone (08) 9384 3544, Fax (08) 9384 6196  
Email [csa@cancersupportwa.org.au](mailto:csa@cancersupportwa.org.au)

[www.cancersupportwa.org.au](http://www.cancersupportwa.org.au)

# The Gawler Foundation 12 Week Cancer Self-Help Programme

*Cancer, Healing  
& Wellbeing*

**Starts: Wednesday, 15 September**  
**10am to 12.30pm weekly**

**Venue: Cancer Support Association,**  
**80 Railway Street, Cottesloe**

**Cost: \$350 per person.**  
**Bookings: 9384 3544**



[www.cancersupportwa.org.au](http://www.cancersupportwa.org.au)