

FREE

CoastCanCare

Wellness Program

Wellness

Join us for free Zoom Meditation

**Thursday 7pm – 7.30pm
Starting February 2023**

**FOR CENTRAL COAST ADULTS DIAGNOSED WITH CANCER,
THEIR CARERS, FAMILY MEMBERS & FRIENDS**



*“I like it being via Zoom because
if I go to sleep, I can stay rested”*

*“It was really great to do this from
home. Sessions were really great”*

*“Really grateful to the facilitators
for this programme and I hope it
runs again”*

“Lovely session. Thank You”

Contact us for the link

Text: 0447 298130

Email: CCLHD-CoastCanCare@health.nsw.gov.au

Call: 02 4320 9855



Central Coast
Local Health District