

FREE

CoastCanCare

Wellness Program

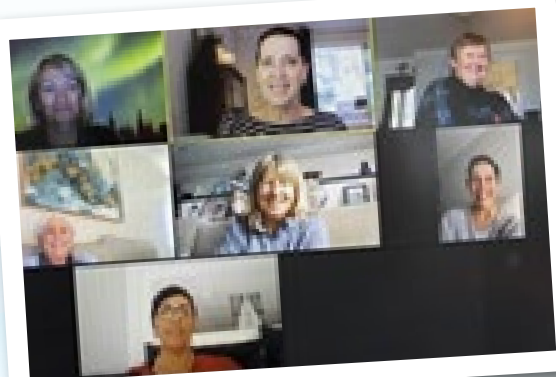
Wellness

Join us for free Zoom Meditation

Thursday 7.30pm – 8pm

Starting Thursday 11th February 2021

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



Health
Central Coast
Local Health District