

Courses & Workshops September – December 2019

All of our courses and workshops require pre-registration. For more information and to book a place please call our Support Team on 020 7924 3924 or email support@paulscancersupport.org.uk

Move Dance Feel, 10.30am-12.30pm, starts Thursday 19 September



A 10 week creative dance project designed to support women who are affected by cancer. You are welcome to attend all 10 sessions or drop in on individual sessions. The dates will be as follows: 19, 26 September, 3, 10, 17 & 31 October and 7, 14, 21 & 28 November.

Yoga for men, 2-3pm, starts Monday 23 September



A small group of up to three men at a time, practicing gentle movement and breathing exercise to balance both physical and mental energies. Term 3 – 23 & 30 September, 7 and 14 & 21 October. Term 4 – 11 18 & 25 November and 2 & 9 December.

Alexander Technique, 11am-12pm, starts on Wednesday 16 October



A class to help you identify and correct postural habits that may aggravate stress or pain. The dates will be as follows: 16 & 30 October and 13 & 27 November.

Healthy Eating and Lifestyle Habits, 10.30am-12.30pm, starts Friday 25 October



A six session programme that teaches you how to nourish your body and offers you meal and recipe ideas.

The dates will be as follows: 25 October, 1 & 29 November, 13 December, 17 January and 7 February. This course requires

payment of a £30 **refundable** deposit before September 13. Deposits will be refunded at the last session of the course subject to full attendance.

Mindfulness Workshop, 11am-1pm, Tuesday 12 November



A half-day workshop introducing you to the principles and practice of mindfulness. A good taster session for those curious to know what mindfulness is.

Look out for the following courses and workshops in early 2020:

6 week Macmillan HOPE course

8-week Mindfulness course

3 week MacMillan HOPE for Carers

Sleep workshop