

SHINE

A 4 week course for patients and carers who have been diagnosed with a life limiting illness to help live life to the fullest!

**STARTS THURSDAY 3 AUGUST AT 12 NOON
FORSTER PRIVATE HOSPITAL**

DURATION - 1.5 HOURS

EVERY THURSDAY FOR 4 WEEKS

COST - \$10 PER SESSION

BOOKINGS ESSENTIAL

CONTACT EMMA MCLEOD - 0456 682 961

INCLUSIONS

- Individualized physio and OT Sessions; including goal setting and personalized exercise plans
- Career Support and Education
- Advanced Care Planning
- Moving Forward sessions with Social Worker, Jane Bone
- Mindfulness Yoga Session
- Introduction to our Palliative Care Team Including importance of your GP in your journey
- Future Services Information
- Afternoon tea provided after each session
- Connect with like-minded people

WE CANNOT CHANGE THE OUTCOME,
BUT WE CAN AFFECT THE JOURNEY