



The Gawler Foundation

An integrated approach to health
healing and wellbeing

PRESS RELEASE FOR IMMEDIATE RELEASE

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Gawler Foundation announces new cancer support program for West

Following on from the success of the first ever 12 week cancer healing and wellbeing program in Footscray, The Gawler Foundation is pleased to announce the launch of a second such program.

Commencing on August 21, it will again be available for Health Care Card holders at the greatly subsidised cost of only \$35 for the entire course.

The subsidy has been made available through the generosity of a grant from the Tattersalls George Adams Foundation.

The program is based on the self-healing principles outlined by Dr Ian Gawler OAM in his bestselling book, *You Can Conquer Cancer*.

For over 25 years more than 90,000 people affected by cancer and serious illness have participated in the lifestyle programs offered by The Gawler Foundation.

These programs focus on meditation, nutrition and positive support, as well as learning how to activate the body's own mechanisms for healing.

Dr Gawler said the lifestyle programs offered by The Foundation were all about empowering people to deal with the challenges of cancer.

"A lifestyle program focuses on what a person can do for themselves and includes the support of family and friends," Dr Gawler said.

"The 12 week cancer healing and wellbeing program focuses on how people can be helped to work with the medical treatments they are having to minimise side effects, to actively play a part in improving their quality of life and to increase their chances of survival.

"We believe that a lifestyle program is an essential part of best practice management of cancer and needs to be available and encouraged for everyone from the point of first diagnosis, just as in heart disease and type 2 diabetes," Dr Gawler said.

The Gawler Foundation is fully committed to making its lifestyle program available to all people affected by cancer in Australia.

It is a non-profit, non-denominational organisation, registered in Victoria since 1983.

The program will be held at the Bluestone Church, next to the Maribyrnong City Council offices, Hyde Street Footscray. For bookings and further information, phone The Gawler Foundation on 59671730 or visit www.gawler.org

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