



**The Gawler Foundation**

An integrated approach to health  
healing and wellbeing

**PRESS RELEASE FOR IMMEDIATE RELEASE**

**Gawler Foundation reaches out to Dandenong Ranges**

For the first time, people dealing with cancer in the Dandenong Ranges have access to The Gawler Foundation's 12 week Cancer, Healing and Wellbeing Program.

Shire of Yarra Ranges Councillor Samantha Dunn and program facilitator Robyn Jones launched the program last week.

Cr Dunn said she was happy to lend her support to the new program, which would directly benefit people dealing with cancer in her Lyster Ward.

"The Gawler Foundation has helped countless people deal with cancer over the past 28 years," she said.

"Their approach will allow those with cancer to make informed, effective choices to better manage their journey.

"It is a terrific initiative to bring the program to Belgrave to enable those affected by cancer to participate locally," Cr Dunn said.

The Belgrave program will commence in March and is part of The Gawler Foundation's continuing efforts to bring its world leading lifestyle-based programs to those who need it most.

While conventional medicine still remains the first port of call for most people, it is important to take into consideration what people can do for themselves when deciding how best to treat their cancer.

The Cancer, Healing and Wellbeing program is essentially a lifestyle based, self help course that supports the principles of integrative medicine, utilising meditation, nutrition, support and empowerment. It is designed to work in conjunction with any current medical treatments.

The Foundation already delivers this program at various locations throughout Melbourne including Burwood and Footscray. Another new 12 week course is planned for Dandenong in May. These life changing programs are also offered in most capital cities throughout Australia and specific locations in New Zealand.

Since 1983, The Gawler Foundation's programs have been offering up to date information on a range of cancer related topics and strategies that enable people with cancer to make informed, effective choices and better manage their own healing journey.

The Belgrave and Dandenong programs will be facilitated by Robyn Jones, a member of The Gawler Foundation's therapy team.

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Robyn has worked in health and education for many years, with experience in counselling, leading groups and training others. Her work at the Foundation includes running educational programs, teaching meditation, counselling, palliative support and leadership training.

The Belgrave program will commence on **Wednesday 25 March** and runs to **Wednesday 10 June**.

**Venue: Belgrave Library, Reynolds Lane Belgrave Melways Ref: 75 F10.**

**Time: 10am - 12.30am. Ample parking.**

**Cost:** \$ 430 per participant for 12 weeks and \$215 for support people. Partners or a family representative are also encouraged to attend to better understand the principles of this lifestyle approach and offer the most effective support. Bursaries may be available on application for those needing financial support to participate in the program.

For course details and to reserve your place, please call The Gawler Foundation on 59671730 or visit [www.gawler.org](http://www.gawler.org)