

Navigating a Realistic Pathway to Cancer Recovery

Grace Gawler's 'Helping Hand' Approach

The most thorough, authentic and comprehensive workshop you'll ever attend!

FULL DAY WORK SHOP - DATE: Sunday 18TH July 2010

Venue: Cansurvive Research Association. Inc
69 Park Rd. Nambour.

Fee: \$135.00 Early bird payment ... 9th July. \$110.00

Grace will share simple, practical and 'do-able' steps to optimise your recovery from cancer. This full day course based around Grace's booklet *A Helping Hand* will cover all that patients and care givers need to know. Grace is assisted by her partner Pip Cornall.

The following topics will be covered and more:

After diagnosis – now what?

Understanding the nature of cancer –
Cause and effect – Theories and Cancer

Simplifying the basics

The Illness/Wellness Model

Exploring Grace's three stages of healing model

Wise use of supplements

Creating your New Life using Grace's 'Pie Chart' approach

How to deal with apparent set backs

Be empowered using the right blend (for you) of mainstream and complementary Medicines.

Grace Gawler: Forensic Naturopath, Herbalist, Whole Health Practitioner - DHM (dist) ATMS DBSc Internationally recognized pioneer of Supportive Care Medicine for people with cancer. Inspired and co founded the Gawler Foundation in Victoria Assisted 13,000 cancer patients to recovery in 35 year career. Patron - Reiki Australia, Recipient Rotary Jean Harris Award for health services. Founder of G.E.M - unique energy method for optimal healing (similar to body—psychotherapy)

Contact: 07 5577 2997 or grace@gracegawler.com

Pip Cornall: Forty years in health education beginning as PE teacher. Utilizes sports psychology from his years in outdoor education, (skiing, kayaking etc), to help people healing from cancer. Trained in yoga & yoga therapy, Pip uses yogic breathing and life ex-tension methods to reduce stress. He also counsels patients to deal with life challenging issues with 'needs based' communication skills. Specializes in couples 'co-counselling' related to cancer-patient issues.

Contact: 0409 672 324 grace@gracegawler.com