



## Can yoga improve mental health in people with cancer?

### Could yoga help you?

Researchers at NICM Health Research Institute, Western Sydney University, are looking for women aged 18 years and over, who have been diagnosed with breast or gynaecological cancer, to participate in a study to investigate if online yoga interventions are feasible and potentially helpful for reducing the symptoms of anxiety and depression.

If you have been diagnosed with breast or gynaecological cancer in the last five years and experience symptoms of depression or anxiety, you may be eligible to take part in an online yoga trial.

#### **For more information please contact**

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[nicm.edu.au/yogacancerstudy](http://nicm.edu.au/yogacancerstudy)

This clinical trial has been approved by the Western Sydney Human Research Ethics Committee (Approval number H13735).