**A support and information program for people affected by cancer.**

**Healthy Living**

**After Cancer Treatment**

**When: Friday, February 2, 2018**

**Time: 12.30pm – 2.30pm**

**Afternoon tea and open house**

**to follow (2.30pm to 4pm)**

**Where: Cancer Council Queensland**

**169 Mulgrave Rd**

**Bungalow QLD 4870**

Cost: FREE

RSVP by Wednesday, January 31 via our website [cancerqld.org.au/](https://cancerqld.org.au/get-support/community-events/information-sessions/)

*or* phone 13 11 20

## **This free program will provide people with information on ways to remain healthy after completion of treatment for cancer. Participants will learn of the benefits of exercise and nutrition, and discuss strategies to motivate healthy behaviour choices. Meet our staff and volunteers, register for the information session and learn more about our work and the services we offer.**

Bookings are essential

Topics include

## Nutrition after cancer treatment

## Exercise and physical activity

## Motivation enablers and barriers

## Support for survivors

For further information please contact:   
Bonnie White on (07) 40 47 5504 or  
email: bonniewhite@cancerqld.org.au