

A free support and information session for people diagnosed with prostate cancer, their families and friends.

Living Well after Prostate Cancer

This free program will provide people with information on living well after prostate cancer. Participants will learn about prostate cancer and treatments, nutrition, exercise and Cancer Council Queensland support services.

Topics will include:

- Understanding prostate cancer and treatments
- Nutrition
- Physical activity
- Cancer Council Queensland support services

Speakers:

- Patricia Husband, Prostate Cancer Specialist Nurse
- Sarah Deacon, Dietician
- Exercise Physiologist
- Anthea Skinner, Coordinator, Cancer Support

When: Friday 23rd November, 2018

Time: 9:30 am – 12:30 pm

Where: Conference Room, Cancer Council Queensland, 24 Warburton Street, North Ward 4810

Getting Here: Street parking available in Landsborough Street

RSVP by November 21 via our website

<https://tinyurl.com/ccqsupport>

For further information please call 13 11 20

email communitysupportservices@cancerqld.org.au

Light refreshments provided. Please indicate if you have any dietary requirements.

Bookings are essential!