

A free support and information session to help people live well during and after initial treatment for cancer.

Healthy living during and after cancer treatment

Participants will learn the benefits of exercise and discuss strategies to motivate healthy behaviour choices. Guest speaker will be an exercise physiologist.

Topics will include:

- Exercise for health and wellbeing
- Cancer Council Queensland support services

When: Monday 3rd December, 2018
Time: 5:30 pm – 7:30 pm
Where: Olive McMahon Lodge, 2 Scott Street, East Toowoomba

Speakers:

- Alastair McGorm, Exercise Physiologist
- Alyce Morris, Coordinator, Cancer Support

Getting Here: Free street parking and some onsite parking available

RSVP by November 30th 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!