

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 nutrition, and discuss strategies to motivate healthy behaviour choices. Guest speakers will include a social worker, dietician and exercise physiologist.

Topics will include:

- Practical Tips for Coping and Adjustment
- Exercise
- Healthy Eating
- Cancer Council Queensland support services

When:

Tuesday 30th April, 2019

Time:

1:00 pm – 3:30 pm

Where:

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

Getting Here: Parking in Landsborough Street

Speakers:

- Susan Weber, Senior Social Worker
- Exercise Physiologist
- Sarah Deacon, Dietician
- Anthea Skinner, Coordinator, Cancer Support

RSVP by April 26 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.