

You are invited to the 5th annual head and neck cancer support and information session. This program is for anyone affected by head and neck cancer, their friends and families.

Head and neck cancer forum

This free program will provide people with information on head and neck cancer. Participants will learn about what to expect during and post cancer treatment.

Topics will include:

- My personal experience
- What is 'normal' during treatment
- Good nutrition, eating and drinking
- The importance of exercise
- Psychosocial challenges and coping strategies
- Group Discussion

Speakers include:

- Simon Bourne, Survivor
- Dr Ben Chua, Radiation Oncologist
- Bena Brown, Advanced Speech pathologist
- Louise Cooney, Senior Dietitian, APD
- Deb Pickersgill, Exercise Physiologist
- Samantha Clutton, Clinical Psychologist

When: Saturday, 27 July, 2019
Time: 09:00 am – 1:15 pm
Where: Auditorium,
Cancer Council Queensland, 553
Gregory Terrace, Fortitude Valley,
Brisbane

Getting Here: Metered street parking or public transport.

Closest bus stop: Bowen Bridge Road - 2 minute walk

Closest train station: Fortitude Valley- 10 minute walk

RSVP by 22 July 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!