

**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 dietitian, an exercise physiologist and a yoga therapist.**

**Topics will include:**

- Nutrition: eating well and finding what's right for you
- Exercise: the benefits for treatment, managing fatigue and keeping healthy
- Cancer Council support and information
- Yoga: complementing treatment and supporting wellbeing

**Speakers:**

- Deborah Keifer, Senior Oncology Dietitian
- Dr Jena Buchan, Accredited Exercise Physiologist, Griffith University
- Judy Graham, Cancer Support Coordinator
- Trish David, Yoga Therapist

**When:** Wednesday 3<sup>rd</sup> July, 2019  
**Time:** 9:00 am – 12:00 pm  
**Where:** Cancer Council Queensland  
1 Short Street  
Southport

**Getting Here:**

Parking available at Carey Carpark, Marine Pde & Short St - \$1.90/hr or \$6.00/day.  
Closest bus stop: Scarborough Street  
Closest tram stop: Southport South

**Booking is essential.**

RSVP by June 28 via our website

<https://tinyurl.com/ccqsupport>

For further information please call 13 11 20 or email

[communitysupportservices@cancerqld.org.au](mailto:communitysupportservices@cancerqld.org.au)

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

**Bookings are essential!**