

Has cancer affected your wellbeing?

Attend local education sessions
and take charge of your wellness



**Cancer
Wellness**

For information and support call
our cancer nurses on **13 11 20**
www.cancervic.org.au



The time after active treatment can be a challenge for people affected by cancer. Finding a 'new normal' and healing physically and emotionally after treatment can be challenging after the routine of cancer treatment has finished.

Cancer Wellness is a series of face-to-face education sessions to help you move from your initial diagnosis and treatment towards improving your overall wellness. It follows on from the Managing Cancer workshop to provide you with the best information and support as you move through your cancer experience. You don't need to have attended the Managing Cancer workshop before attending these sessions.

Who should attend?

Cancer Wellness education is for anyone who has recently completed or is completing their primary cancer treatment, their families, friends and carers.

What will I learn?

Through presentations delivered by expert health professionals, you will be guided through topics such as:

- Recovery and exercise
- Managing fatigue due to cancer treatment
- Health and wellbeing planning
- Eating well
- Emotional health and relationships
- Finances and work
- Communicating with your GP
- Access to local support services

Where is it held?

Cancer Wellness education sessions are regularly conducted at local hospitals and healthcare services throughout Victoria in one of the following formats:

- Seminars – a one-off, 3-hour session
- Forums – 1-day session
- Workshops – 2 x 3 hour weekly sessions
- Exercise program – 2 hours per week over 8 weeks incorporating 1 hour of education and 1 hour of exercise each session. Not available at all centres.

Hear from other participants

"I enjoyed the whole program. I found it helpful to listen to other people to know what I was feeling was normal".

"It made me more aware of how to take care of myself"

"I felt much better after the exercise".



Ask your healthcare team for more information about the next scheduled Cancer Wellness program or call our cancer nurses on 13 11 20 to find your closest program and sign up today.

If you have been recently diagnosed and receiving treatment, also ask about our Managing Cancer workshops.



Research shows that group-based cancer education programs can help build resilience, increase the capacity to self-manage health and wellbeing and reduce fatigue. Exercise rehabilitation programs have been shown to help manage pain, reduce fatigue, improve physical function and quality of life.



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Email: askanurse@cancervic.org.au



www.cancervic.org.au



For other languages call **13 14 50**



**Cancer
Council**