

A support and information program for people affected by cancer.

Healthy Living During & After Cancer Treatment

This free program will provide people with information on ways to remain healthy after completion of treatment for cancer. Participants will learn of the benefits of exercise and nutrition, and discuss strategies to motivate healthy behaviour choices.

When: **Tuesday 23rd August 2016**
Time: **9am – 12am**
Where: **Cancer Council Queensland
43 Upper Dawson Rd, Allenstown.
Rockhampton, 4700.**

Speakers include:

- ▶ **Ngaire Te Moananui** (Cancer Care Team Leader)
- ▶ **Tribly Witton-Oats** (Social Worker)
- ▶ **Nancy Pepper & Kate Sweeney-West** (Exercise Physiologist)
- ▶ **Lynda Menzies & Brittany Cucchiaro** (Dietitian)

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

Parking available: Street, Office & Lodge parking available

RSVP: register on our website www.cancerqld.org.au or contact:

Boden Tighe (Community Support Coordinator)
communitysupportservices@cancerqld.org.au
4932 8610

**Bookings
are
essential!**