

LET'S TALK ABOUT EXERCISE (Online)



Peter Mac
Peter MacCallum Cancer Centre
Victoria Australia

Learn how exercise can improve your mental and physical wellbeing

In this session, a qualified Exercise Physiologist will discuss why exercise is considered important before, during and after cancer treatment. This advice will assist you in:

- Improving your energy levels
- Helping control your pain
- Helping your body function as well as possible
- Assisting with depression & anxiety
- Making it easier for you to do daily activities on your own

Last Thursday of the month | 12:00pm – 1:00pm

Online for Peter Mac patients and carers

(limited spaces available, please register)

Interested in attending?

Please register by emailing the Wellbeing Centre at wellbeingcentre@petermac.org with your UR number or the person you're caring for. Zoom link will be provided upon registration.

For further information

Email the Wellbeing Centre Team at wellbeingcentre@petermac.org or call (03) 8559 6260.