

# LET'S TALK ABOUT FATIGUE (Online)



**Peter Mac**  
Peter MacCallum Cancer Centre  
Victoria Australia

## Cancer fatigue and you: How to best cope in everyday life

*Fatigue is the most common symptom experienced by people with cancer. This session is a chance to share your experiences with others and find out how and why fatigue affects you. You will learn about some simple strategies to help you cope with your fatigue in everyday life.*

**Last Wednesday of every 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](mailto:wellbeingcentre@petermac.org) with your UR number or the person you're caring for. Zoom link will be provided upon registration.

### **For Further Information**

Call the Wellbeing Centre Team at (03) 8559 6260.