



# LET'S TALK EXERCISE

*Learn how exercise can improve your mental & physical wellbeing*

**When:** Last Thursday of every month

**Time:** 12:00 -1:00 pm

**Where:** Online via Zoom

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



For more information and to register your interest, please scan the QR code



**Peter Mac**  
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