



Healthy Living after Cancer.

A program to support your
physical and emotional recovery
after cancer.



**Cancer
Council**
SA

Healthy Living after Cancer

Getting back to a healthy lifestyle after cancer is one of the most important things you can do for your health and wellbeing. The Healthy Living after Cancer program is designed to help you achieve this goal and provide the support you need.

Cancer Council SA will work with you to make healthy lifestyle changes by setting goals for physical activity, healthy eating and emotional wellbeing, providing support, tips and motivation along the way.

Cancer Council SA's Healthy Living after Cancer program is available to people who have completed active cancer treatment, or for people diagnosed with certain cancer types requiring long term treatment providing they feel well and able to physically participate.

A carer, partner or family member is also welcome to attend.

The program

- Four workshops on:
 - Physical activity
 - Healthy eating
 - Emotional wellbeing
 - Life after Cancer - What next?delivered by qualified health professionals.
- Telephone coaching to provide support in setting goals and motivation.
- Connection with peers providing opportunity to discuss and share ideas about how to adjust to life after cancer.

Want to find out more?

For more information about the Healthy Living after Cancer program or to register, call Cancer Council on **13 11 20** and ask about the program, email cancersa.org.au/ask-a-nurse or visit cancersa.org.au or scan the QR code below.

