

Are you 18 years and older? Have you completed active cancer treatment?

Getting back to a healthy lifestyle after cancer is one of the most important things you can do for your health.

Cancer Council SA's Healthy Living after Cancer program is here to help you get active, eat better and assist your physical and emotional recovery after cancer treatment.

Interested in finding out more or ready to take part? Phone Cancer Council SA on **13 11 20** and ask about the Healthy Living after Cancer program.



