



Join the **FREE** **Healthy Lifestyle program** for cancer survivors, carers, partners & family

Coming to Wahroonga in 2017

- Face to face group sessions facilitated by a **Dietitian & Exercise Physiologist**
- Hear **nutritional recommendations** to help you make better food choices
- Find out how to **improve your fitness**, muscle strength and stamina
- **Reduce fatigue**, nausea, pain and anxiety by increasing exercise
- Practice **yoga & mindfulness** with a qualified yoga instructor
- Get **motivated & empowered** to improve your lifestyle behaviours
- **Connect with others** on a similar journey, share tips and ideas to help you live your life well
- Meetings are 2 hours per week for 8 weeks

Reservations essential

Phone: 1300 360 541

Email: enrich@nswcc.org.au

Program dates

Fridays, 28 April – 16 June 2017 or

Fridays, 6 Oct – 24 Nov 2017

10.00am to 12.00pm