

YouCan

Exercise for cancer patients
and survivors



YouCan is a course specifically designed for those who have been diagnosed with cancer in the last two years or are undergoing treatment.

Dates	Throughout 2019
Time	Contact Reception for information
Course structure	Induction session + 4 exercise sessions
Cost	\$53* for induction session + Total cost for 4 sessions \$40

* Can be funded through EPC referral or private health fund (pay the gap)

Understand how exercise helps the body during and after cancer treatment.

Learn how to put this knowledge into action with appropriate exercises matched to personal abilities and improve physical and mental health.

Regular exercise during cancer treatment and recovery can assist to:

- Improve quality of life
- Manage pain
- Manage nausea
- Decrease fatigue
- Reduce depression and anxiety
- Prevent weight gain
- Increase bone mineral density
- Preserve muscle mass
- Improve sleeping patterns
- Improve physical function
- Improve fitness
- Improve strength

Delivered by Exercise Physiologist
Bridie O'Connell
Provider # 5097613T

Contact us to reserve your spot on

07 3261 1249

Inspiring action! 