

Healthy Living after Cancer program.

Our free coaching program can provide adults who have finished cancer treatment with support to be more active and eat healthily.

Cancer Council's 13 11 20 nurses work with participants to help them set and work towards meeting their healthy lifestyle goals. Healthy Living after Cancer is a six-month program delivered entirely by telephone, so it is available to people across WA.

The program is designed for adults (18 years and over) who have completed treatment for any type of cancer, and who are able to take part in unsupervised exercise.

For more information or to apply to take part in the program, please speak to a nurse at Cancer Council on **13 11 20**, or email hlac@cancerwa.asn.au.



Ingredients

- ▲ 1 slice wholegrain bread, toasted
- ▲ 1/2 medium tomato, diced
- ▲ 1/2 spring onion (including green top), diced
- ▲ 2 tbs reduced-fat ricotta or low-fat cottage cheese
- ▲ 1/2 tbs basil pesto

Method

1. Mix tomato, onion and ricotta in a small bowl.
2. Spread toast with pesto and top with tomato mix.



Spring
2018

Life Now.

Staying well during and after cancer

Are you or someone you care about living with cancer?

The Life Now Program offers **FREE** evidence-based programs for cancer patients and their carers. Programs are run by qualified instructors and operate in both metropolitan and regional WA. We invite people living with cancer and their primary carer to take part in these free support programs, which are funded through generous community donations.

The Life Now Programs are designed to enable people affected by cancer to experience the benefits of keeping mentally and physically active. Our exercise, yoga, meditation, tai chi, mindful art and mindfulness programs provide an introduction to activities in a safe and supportive group environment.

Studies have shown that keeping physically active during and after cancer treatment can help reduce fatigue, improve cardiovascular fitness and increase muscle strength, bone density, flexibility, balance and coordination.

Current research also suggests meditative programs can provide you with practical skills and techniques to help cope with cancer-related stress, and improve wellbeing and quality of life. Benefits may include improvement in mood, improved sleep quality, reduction in anxiety and reduction in stress and fatigue.



To register for Life Now or to obtain any further information
call **13 11 20** and select 'speak to a nurse'.

August - September		
Exercise	Balga	Joondalup
	Bentley	Mandurah
	Bunbury	Midland
	Canning Vale	Nedlands
	Geraldton	Rockingham
Yoga	Glen Forrest	
Meditation	Busselton	Rockingham
	Midland	Shenton Park
	Riverton	
Tai Chi	Bunbury	Wanneroo
October - November		
Yoga	Albany	North Coogee
	Busselton	Rossmoyne
	Clarkson	Shenton Park
	Geraldton	Wangara
	Mandurah	Yokine
Meditation	Bunbury	Wanneroo
Tai Chi	Shenton Park	
Mindfulness	Kingsley	Midland
	Hilton	
Mindful Art	Shenton Park	



To register for Life Now or to obtain any further information call **13 11 20** and select 'speak to a nurse' or visit cancerwa.asn.au and enter 'Life Now' in the search

What you need to know.

Life Now Exercise Classes

- 12 week program (participation limited to one 12 week program per person)
- Classes are held twice a week for one hour
- For people who have been diagnosed within the last two years
- Primary carers can take part only when the patient is in attendance
- Medical consent/clearance required to take part

Life Now Meditation, Yoga and Tai Chi Classes

- 6 week program
- Classes are held twice a week for one hour
- For people who have been diagnosed in the last five years and their primary carer

Life Now Mindfulness Classes

- 8 week program
- Classes are held once a week for two hours
- For people who have been diagnosed in the last five years and their primary carer

Life Now Mindful Art Classes

- 6 week program
- Classes are held once a week for 90 minutes
- For people who have been diagnosed in the last five years and their primary carer

*All events require minimum numbers to run and eligibility criteria will apply. All information is correct at time of printing. For up-to-date information, please refer to our website.