

# Staying healthy after cancer

## free information program

A free seven week information program for people affected by cancer, including blood cancers, their family and friends.

Topics include:

- planning to get more out of life
- dealing with difficult emotions such as frustration, fear and depression
- managing fatigue
- relaxation techniques
- physical activity.

### The next sessions will be held at:

#### **Fullarton Park Centre**

**When:** Tuesday 9 February to Tuesday 23 March 2010

**Where:** 411 Fullarton Road, Fullarton

**Time:** 10:00 am to 12:30 pm

#### **Northern Women's Health Service (for women only)**

**When:** Thursday 11 February to Thursday 25 March 2010

**Where:** 28 Philip Highway, Elizabeth

**Time:** 10:00 am to 12:30 pm

#### **Cancer Council SA**

**When:** Wednesday 17 February to Wednesday 31 March 2010

**Where:** 202 Greenhill Road, Eastwood

**Time:** 6:00 pm to 8:30 pm

**Bookings are essential due to limited places.  
To register please call Cancer Council Helpline 13 11 20.**