

# Living with cancer

## EDUCATION PROGRAM

### Are you affected by cancer?

The Living With Cancer Education Program is free and provides information and support for people with cancer and their family and friends.

#### Topics include:

- What is cancer?
- Cancer treatments and myths
- Enhancing quality of life
- Relationships and self-esteem
- Communicating with family and others
- Healthy eating

Guest speakers are experts in their fields.

This program is run by trained health professionals.

The program enlightened  
my views and brought the  
"living" back into my life'

Maria, cancer survivor

**Dates:** Tuesday 3rd,10th,17th,24th  
August

**Time:** 6.30pm to 8.30pm

**Venue:** Cancer Council ACT

**Address:** 5 Richmond Ave, Fairbairn

**Format:** 4 week program

**RSVP:** Kate or Jackie  
chl@actcancer.org  
6257 9999

**Cost:** Free

**NB :** Registration is essential.  
Please confirm attendance  
as we need sufficient participants  
to run the program.

