

# Healthy Living after Cancer



## Move forward and maintain a healthy lifestyle.

A 12 week program to support  
your physical and emotional  
recovery after cancer treatment.



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Getting back to a healthy lifestyle after cancer is one of the most important things you can do for your health, and the Healthy Living after Cancer program aims to support you to do that over 12 weeks.

Cancer Council SA will work with you to make healthy lifestyle changes by setting goals for physical activity, healthy eating and emotional wellbeing, providing support, tips and motivation along the way.

Cancer Council SA's Healthy Living after Cancer program is available to people over 18 who have completed active cancer treatment, or for people diagnosed with certain cancer types requiring long term treatment providing they feel well and able to physically participate.

A carer, partner or family member is also welcome to attend.

## The program

- Four workshops on:
  - Physical activity
  - Healthy eating
  - Emotional wellbeing
  - Staying on trackdelivered by qualified health professionals.
- Telephone coaching to provide support in setting goals and motivation.
- Connection with peers providing opportunity to discuss and share ideas about how to adjust to life after cancer.

## Want to find out more?

For more information about the Healthy Living after Cancer program or to register, call Cancer Council SA on **13 11 20** and ask about the program, email [cancersa.org.au/ask-a-nurse](mailto:cancersa.org.au/ask-a-nurse) or visit [cancersa.org.au](http://cancersa.org.au) to chat online.