

BREAST CANCER

KNOWLEDGE FOR RECOVERY....

What is this program all about?

This program incorporates advice and physical activity to help improve women's knowledge of exercise and lymphoedema. It is run by the SERCHS Regional Breast Care Nurse in combination with local physiotherapists.

Who can attend?

This Program is designed for women who have had breast cancer surgery and wish to increase their knowledge and awareness of exercise and lymphoedema

How long does it go for?

4 sessions in total, each session runs for 2 hours,
and is held weekly over 4 weeks

Where will this program be held?

This program is available to all women living in South East SA. It will be run twice a year in both Naracoorte and Mt Gambier

This program will offer women an opportunity to:

- *improve your knowledge*
- *improve your wellbeing*
- *assist recovery*
- *offer and receive support from other women in a similar situation*

For further information please contact:

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