

Can-B Fit

Exercise Program for Breast Cancer Recovery

Understand the benefits of exercise after a cancer diagnosis

Learn how to exercise safely during cancer treatment and recovery

Learn how to improve your strength, balance, endurance and mobility

Be involved in a safe and supportive community, to share, listen and learn



Where: Online via Zoom

When: Scan the QR code for start date and times

Each course runs for 6 weeks

✉ support@pbcf.org.au

🌐 www.pbcf.org.au

PROSTATE & BREAST
CANCER FOUNDATION 

Scan and
register
now!

