

Online Exercise Program for Breast Cancer Patients

- Learn how the role of exercise can impact a cancer diagnosis
- Learn how and what types of exercise can reduce risks of recurrence
- Discuss goals and ways to overcome side effects like fatigue, neuropathy, bone loss
- Learn tips and tricks for bringing better movement into your daily routines.
- Try different types of exercise such as mobility, balance, strength and cardiovascular training



Where: Online (Zoom)

Time & Date: Scan QR code for program start date and time

**PROSTATE & BREAST
CANCER FOUNDATION** 

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 pbcf.org.au

Scan the
QR code
to sign up
today!

