



# Kyabram & District Health Services

## PRESS RELEASE

### WOULD YOU LIKE TO KNOW MORE ABOUT CANCER?

The Living With Cancer Education Program has been developed to provide information and support to people living with cancer, their family members and friends. Kyabram & District Health Services – Community Health Division will be running the four week education program commencing on Monday 18<sup>th</sup> July – 8<sup>th</sup> August 10am to 12 noon at the Kyabram Community & Learning Centre.

The Living With Cancer Education Program developed by the Cancer Council Victoria is designed to offer people with cancer, their carers and family, information and the opportunity to develop skills and enhance quality of life. It is designed to suit both men and women with different types of cancer, ranging from newly diagnosed to recurrent.

The Living With Cancer Education Program provides the opportunity to improve skills in;

- Getting the most out of your healthcare team.
- Coping better with treatments and side effects.
- Relaxing and managing stress.
- Communicating with children, family and others.

The program will cover issues such as what is cancer, treatments and myths, proven and unproven treatments, the healthcare team, personal experiences, emotions and communicating with family others. It will also cover relationships and self esteem, healthy eating, relaxation and supportive options, loss and grief, self care, and community resources. The program involves a range of guest speakers including a doctor, oncology nurse, and district nurse, and is facilitated by a Social Worker and Community Health Nurse.

For more information about the program or to make a booking please phone K&DHS Community Health on 5852 0045. Bookings are essential.