

Your cancer treatment is finishing. What next?

Attend a free local workshop and take charge of your wellness.

Learn skills and get helpful information in an informal, supportive environment.



Cancer Wellness Workshop

Experienced health professionals will share practical tips and guidance on:

- Cancer survivorship
- Healthy eating and nutrition
- Physical activity and exercise
- Fatigue and cognitive changes
- Emotions and wellness

Location: Echuca Regional Health Cancer and Wellness Centre

Address: Wellness Room 1, 232 Service Street, Echuca 3564

Date: 12/11/2026

Time: 9:00am to 12:30pm

Register: email: wellnesscentreprogram@erh.org.au or phone 5445 2426

**For cancer patients, their
families, friends and carers.**



erh