

You have cancer. What now?

**Attend a free local workshop
and make sense of cancer.**

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



**Managing Cancer
Workshop**

Experienced health professionals will share practical tips and guidance on:

- Cancer treatment and managing side effects
- Benefits of exercise and nutrition during treatment
- Managing fatigue and cognitive changes
- Strategies for managing emotions and stress
- Cancer survivorship

Location: Echuca Regional Health Cancer and Wellness Centre

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

Date: 17/09/2026

Time: 9:00am to 12:30pm

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

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



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