

## St John of God Ballarat Hospital offers an outpatient program for patients with a cancer diagnosis.

We recognize that cancer can impact on a persons' wellbeing and limit their ability to maintain a normal lifestyle. Treatments such as surgery, chemotherapy and radiotherapy can reduce your physical capacity and endurance.

### How it works:

The duration of the program is seven weeks and during this time you will visit us twice a week. Clients can enter the program at any stage hence there is no waiting period.



You will have two one hour exercise sessions during the week, and one hour of education on topics that may be helpful to patients with cancer and their families. For breast cancer patients there are two sessions available on Fridays facilitated by the hospital's Breast Care nurse.

The education and support components cover topics such as nutrition, pacing yourself, managing stress and anxiety, natural medicine, communication, spirituality and cancer support services. Families and friends are most welcome to join you.

Our program is very new to Australia, but is fast becoming a new and innovative way of assisting cancer patients back to a state of health and wellbeing.

A doctors' referral is required to attend the program, please ask your GP or Oncologist.

For more information please call:  
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