

All correspondence to:
Chief Executive
PO Box 330
Bacchus Marsh VIC 3340

**Bacchus Marsh & Melton
Regional Hospital:**
Grant Street, PO Box 330
Bacchus Marsh VIC 3340

Ph: (03) 5367 2000
Fax: (03) 5367 4537

**Grant Lodge
Residential Aged Care:**
6 Clarinda Street,
PO Box 330
Bacchus Marsh VIC 3340

Ph: (03) 5367 9627
Fax: (03) 5367 8023

Melton Health:

195 - 209 Barries Road
Melton West VIC 3337

Ph: (03) 9747 7600
Fax: (03) 9746 0668

**Bacchus Marsh
Community Health Centre:**
Turner Street, PO Box 330
Bacchus Marsh VIC 3340

Ph: (03) 5367 9674
Fax: (03) 5367 4274

**Caroline Springs
Community Health Centre:**
Level 1, 13-15 Lake Street
Caroline Springs VIC 3023

Ph: (03)9361 9300
Fax: (03) 9361 9399

Melton

Community Health Centre:
Cnr. High & Yuille Streets,
PO Box 3
Melton VIC 3337

Ph: (03) 8746 1100
Fax: (03) 9743 8640

www.djhs.org.au

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*Djerriwarrh Health Services acknowledges
the support of the Victorian Government*

Cancer Rehabilitation: For Breast Cancer Survivors



Patient Information

djerriwarrh health services
health hospital community
bacchus marsh - melton - caroline springs

08/2016

Cancer Rehabilitation: Why We Need It

Cancer survivors often share common issues that can include fear of cancer returning, anxiety, side-effects and late-effects from cancer treatment, family issues and stress.

Research suggests that there are many benefits for cancer survivors in being physically active. This can include:

- Improved energy levels
- Decreased fatigue
- Increase strength
- Relieve stress
- Reduce heart disease
- Lower anxiety and depression
- Improved sleep

Melton Health are conducting an exercise and education program for breast cancer survivors.

This group aims to assist cancer survivors in regarding their physical and emotional wellbeing following cancer treatments.

The rehabilitation program is fully supervised by a physiotherapist and exercise physiologist.

What will the program involve?

The rehabilitation program is for breast cancer survivors.

The program will run **once a week for 9 weeks** at Melton Health.

Each session will include one hour of exercises and one 1/2 hour of education around cancer specific problems.

You will be required to have an initial assessment where your level of fitness will be measured to allow for an appropriate program to be developed for you.

Eligibility:

You have received this brochure as you have been identified by your health professional as being able to attend the group.

This group is open for anyone with breast cancer who has completed active treatment.

Referrals:

A referral is required for this program. This can be arranged by your treating health professional or your GP.

You will then be contacted by a staff member at Melton Health to confirm your spot in the program. If you change your mind, you do not have to agree to attend when you are contacted.

If you decide to participate, before beginning the group, an assessment will be completed by a Physiotherapist or Exercise Physiologist.

Waiting lists may be required at times as a limit of 12 participants are allowed in each group.

Group Details:

Where: Melton Health
195-209 Barries Rd
Melton West VIC 3337

You will receive a phone call by a staff member for further information on the day and time of the group.