



Nutrition and Exercise

for people living with cancer

Join us for a FREE informative workshop designed for anyone impacted by a cancer diagnosis.

Learn practical strategies to support your health and wellbeing through:

- Nutrition during and after cancer treatment
- Managing fatigue and improving strength through safe and effective exercise guidance
- Everyday wellbeing and recovery tips.

Facilitated by Ella, Accredited Dietitian and Alexis, Exercise Physiologist.

When: Tuesday June 30, 2026

Time: 1.00 - 3.30pm

Where: Huonville Hub, 23-25 Main St Huonville

This event is being delivered with thanks to Huonville Council for donating the space.

To register please phone 1300 65 65 85 or email supportservicessouth@cancertas.org.au

