



Life Now

## Geraldton Exercise

**Are you or someone you care about living with cancer?**

Cancer Council Western Australia invites people living with cancer, their carers and family members to take part in a **free** 12 week Life Now Exercise Program to increase strength, improve fitness and reduce fatigue. The program includes: a personalised program and admission to 2 classes per week, every Tuesday & Thursday due to start on 22 May 2012. The program requires a 12 week commitment (health permitting).

When: Tuesday & Thursday  
starting 22 May 2012

Time: 2.00pm - 3.00pm

Where: Central West Health and Rehabilitation  
82A Forrest Street  
Geraldton

The program is free to cancer patients who have undergone treatment within the last two years and their carers.

**To register call Cancer Council Helpline on 13 11 20**



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