



LIVING WELL AFTER Cancer

4 WEEK COURSE STARTING

TUE 20TH FEBRUARY AT 2.00 P.M.



No Fee! But places need to be reserved as class space is limited.

**Call LARCC on 044 9371971 to
book your place**

*Michelle Lyons, Health Physio, will facilitate these classes, looking at solving many of the issues people face after treatment ends – understanding lymphedema (& how to avoid it), bladder, bowel and sexual health, ongoing bone and joint problems and most importantly, how to not just survive – but **THRIVE***



How to Live Well after Cancer

**What is the right
type of exercise?
How do I know
what's too much?
Not enough?**

**What should I eat?
What should I
avoid?**

**What are the
common problems
people face after
Cancer – and what
to do about them**

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