



# Wellbeing after Cancer.

**A cancer diagnosis can be a life changing event.**

When treatment ends, many people have to adjust to a new way of living. We can tailor an individual plan to help guide you towards a healthy and positive lifestyle.

Talk to us about developing your personalised support program for adjusting to life after cancer treatment.

For more information about Wellbeing after Cancer or to request a call back please visit [cancerwa.asn.au/wellbeingaftercancer](https://cancerwa.asn.au/wellbeingaftercancer).

Information and Support

**13 11 20**

[cancerwa.asn.au](https://cancerwa.asn.au)



**Cancer  
Council**  
WA



### **Lifestyle Development**

Helping you create a healthy and confident lifestyle



### **Physical activity**

Exercise can help manage the side effects of treatment, support recovery and help to prevent cancer recurrence



### **Nutrition**

Helping you to make healthy eating choices by making little changes for the better



### **Emotional Wellbeing**

Cancer is life changing and it's normal to feel different after treatment



### **Sexual Wellbeing**

Changes to your body and how you feel after treatment can affect your sexuality



### **Support**

Support Groups, online and telephone counselling & practical support



### **Resources and Links**

Recommended resources that you might find useful

**We're your compass through cancer**  
call us on 13 11 20

