

Mob's Way to Wellness: Cancer Survivorship Group

JOURNEY TOGETHER, MOVE TOGETHER – STARTING THIS OCTOBER!

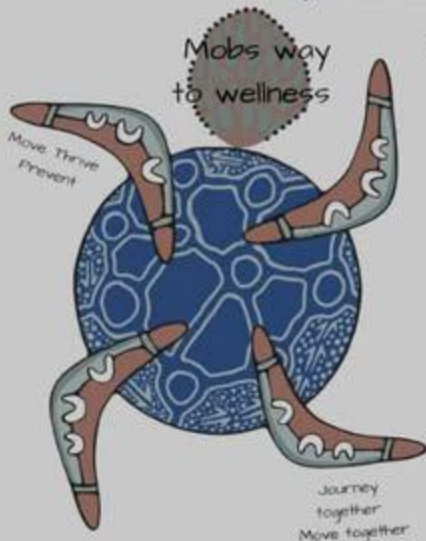
A 10-week program for Aboriginal people living with cancer, those previously diagnosed, and their carers or family members.

✦ Join us every Wednesday for:

- ✓ Wellbeing activities
- ✓ Staying physically active in survivorship
- ✓ Sharing stories and connection with others who understand
- ✓ Practical support for you and your carers



Mob's way
to wellness



**WELCOMING ABORIGINAL COMMUNITY MEMBERS 18+
FROM THE PORT MACQUARIE HASTINGS REGION**

REGISTRATION REQUIRED



**Want to take part?
Sign up today by scanning the QR code**



**STRONG
SPIRIT**
ABORIGINAL
SERVICES

Mob's Way to Wellness, proudly funded by Cancer Institute NSW.