

# **Healthy Living after Cancer.**

## **A program to help you get back on track.**

Getting back to a healthy lifestyle after cancer is one of the most important things you can do for your health.

Cancer Council SA's Healthy Living after Cancer program is here to help you get active, eat better and assist your physical and emotional recovery after cancer treatment.

**Interested in finding out more or ready to take part?**

Call Cancer Council on 13 11 20 and ask about the program,  
email [cancersa.org.au/ask-a-nurse](mailto:cancersa.org.au/ask-a-nurse) or scan the QR code.

