



OSCA

Oesophageal & Stomach Cancers Alliance

THE IMPORTANCE OF EXERCISE WHEN LIVING WITH CANCER

GUEST SPEAKER

Mark Brackell

Physiotherapist, Clinical Pilates, Acupuncture

There is strong clinical evidence that shows exercise improves the tolerance of cancer treatment as well as overall improvement in quality of life during and after treatment. Mark will discuss the benefits of exercise and as well as give practical tips and demonstrations on different types of exercise that would suit everyone along their cancer journey.

WHEN: Tuesday 27th August 2013

TIME: 6pm – 8pm
(Nibbles & refreshments provided)

WHERE: Norman Nock lecture room
Level 5 Kolling Building
Royal North Shore Campus
(Parking available outside the building on Westbourne St, east bound access from Herbert St)

RSVP: *By Tuesday 20th August 2013*
Francina on 0422007327, 94631211 or
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