



look good **feel better**

FACING CANCER WITH CONFIDENCE

Virtual Workshop for men!

Join us for a free virtual, interactive Look Good Feel Better workshop, helping you face cancer with confidence.

Topic	Date	Start time	Finish Time
Chair Yoga	Friday, 3 September 2021	10:00 AM	11.00 AM
Men's Workshop	Wednesday, 8 September 2021	11:00 AM	12:30 PM
Men's Workshop	Wednesday, 15 September 2021	11:00 AM	12:30 PM
Chair Yoga	Thursday, 16 September 2021	12:30 PM	1.00 PM
Men's Workshop	Wednesday, 22 September 2021	11:00 AM	12:30 PM
Exercise & Nutrition	Thursday, 23 September 2021	11:30AM	12.30 PM

*Please note, all times are in Australian Eastern Time.

The Virtual Workshop will cover exercise and nutrition with lymphoedema physiotherapist and ESSA accredited exercise physiologist, Jen McKenzie, and skincare, scalp care and nail care with Look Good Feel Better facilitator Ian Turnnidge.

You will need:

- A reliable internet connection
- A webcam (if your computer or tablet doesn't have a built-in camera)
- Speakers and a microphone (or a tablet or telephone with a speaker)
- A well-lit room

To register, please visit lgfb.org.au/workshop or scan the QR code below



A link for accessing the workshop will be provided upon registration.
For further info, phone [1800 650 960](tel:1800650960) or email info@lgfb.org.au.

