



**MEDIA RELEASE**

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## **FREE Program helps people affected by Cancer**

The Cancer Council and Latrobe Regional Hospital will host a six week Living with Cancer Education Program starting Wednesday 7 May, 2008.

Cancer patients, carers, family and friends are invited to attend the special program to be held at Latrobe Regional Hospital.

This free program provides an opportunity to learn more about cancer, along with coping strategies to help people deal with the life-changes often associated with a cancer diagnosis.

Ms Doreen Akkerman, Director of the Cancer Information and Support Service said the program covers both emotional and practical information, support and advice for people affected by cancer.

"Discovering that you or someone you love has a cancer diagnosis can be a very distressing and unsettling time," Ms Akkerman said.

"The Living with Cancer Education Program allows people to ask questions and discuss their concerns in an open and supportive environment. It also provides an opportunity to meet others going through a similar experience."

Qualified health professionals run this program in small groups. Facilitators are trained and resourced by The Cancer Council Victoria. They ensure relevant, up-to-date information is provided to all participants.

Program facilitators, Merle Doolan and Hayley Mangion from the Latrobe Regional Hospital said the Living with Cancer Education Program is a wonderful source of information and support for cancer patients and their families.

"Participants learn a great deal about cancer and what to expect throughout their cancer journey," Ms Doolan said.

"While the experience of cancer is difficult for everyone, it's wonderful to share with others who are in a similar situation."

The Cancer Council Victoria's Living with Cancer Education Program for people affected by cancer will be held over six weeks starting **7 May 2008, 3.00pm at the Latrobe Regional Hospital.**

Topics will include:

What is cancer?  
Cancer treatments, symptoms and side effects  
The doctor-patient relationship  
Accessing support services available  
Diet, exercise and self care  
Cancer myths  
Unproven remedies  
Relationships, self esteem and body image  
Coping with loss, grief and change

The program is free and carers, family and friends are invited to attend.

For more information or to register, please contact **Merle Doolan on 5173 8857 or call the Cancer Council Helpline on 13 11 20.**