

**MEDIA RELEASE**

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## **Women gather to share cancer experiences**

A support program for women who have been diagnosed with cancer will begin at Latrobe Regional Hospital next month.

The STEPS program (Steps Towards Enhancing Personal Self-growth) is a six week program designed specifically for women, with a relaxed and non-threatening environment allowing the sharing of experiences.

STEPS also allows women to develop skills to assist them to move on with their lives after a cancer diagnosis.

The program aims to widen women's knowledge of complementary therapies, diet and exercise, relationships, grief and loss, sensuality and body image.

The STEPS program will be held at Latrobe Regional Hospital commencing on Thursday 14<sup>th</sup> February from 9.30am-12.00pm.

Cancer Care Nurse Erme Maxwell facilitates the STEPS program with guest speakers attending many of the sessions.

For further information or to register, please contact Erme Maxwell at Latrobe Regional Hospital on 5173 8859.

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For more information contact Wendy Reeves, Communications Advisor, Latrobe Regional Hospital on 03 5173 8539 or 0447 551 282.