



Strive 2 Thrive Geelong Inc.
Association No. A0091026Z

Empowering People To Get Back Into Life After Cancer



What is Strive 2 Thrive?

Strive 2 Thrive is a 12 week gym based exercise for people who have had a cancer diagnosis and have completed their treatment course - whether this is surgery, chemotherapy or radiotherapy.

The aim of the Strive 2 Thrive program is to help people get back on their feet, recover strength and adopt some lifestyle changes that may reduce their risk of a cancer recurrence.

Where is it based?

The program is run at the Eastbrooke Centre's gym facility in Belmont and involves two exercise sessions per week in a gym environment supervised by exercise experts, as well as weekly information sessions run by a health professional. Each participant has their own unique supervised program.

We run 4 programs each year, and the program has been successfully running for more than 4 years. Feedback has been overwhelming

While the importance of exercise in reducing the risk of a cancer recurrence is increasingly acknowledged in research and medical circles, we have been overwhelmed by the positive feedback from our participants in relation to improvements in their physical and mental health.

What does it cost?

We continue to offer this program **free of charge** to any person in the Geelong region who has had a cancer diagnosis and has completed their treatment course.

How can I get into the program?

To attend this program **you must be able to commit** to attending both two hour fixed time sessions held each week for the entire 12 week program. The sessions are held on Mondays and Thursdays from 11.00 am to 1.00pm and we have exclusive use of the gym facilities for these sessions.

If you would like to take part, please talk to your Cancer Specialist or Cancer Care Nurse, who can prepare a referral to the program for you.

Alternatively, please tear off and complete the information application and mail it to us, and we will contact you as soon as possible.

For more information, visit our website www.strive2thrive.com.au

PLEASE COMPLETE AND SEND FORM BY:



(03) 5222 6333 - or



info@strive2thrive.com.au - or



Dr K White,
Level 6, 80 Myers St
Geelong, Vic 3220

Yes, I'd like to participate in the program

Yes, I have had a cancer diagnosis, and have completed my treatment course.

I had my final treatment in (month) (year)

Yes, I can commit to attending both two hour fixed time sessions each week for the entire 12 week program.

My treating specialist is

Whose phone number is

My Details

Title: First Name:
(Mr, Mrs, Miss etc.)

Surname:

Address:

Postcode:

Phone: Home Home

Mobile

My email Address:

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