



## Regional Coordinators Morning Tea Invitation

**Guest speaker Josephine Daley**  
**Cancer Council of WA**

- WHERE** St Francis Xavier Church  
279 Forrest Rd Hilbert WA 6118
- WHEN** Wednesday 21<sup>st</sup> September 2016  
10.30am – 11.30am
- RSVP** Helen Lesniak (Pastoral Assistant)  
Phone 9399 2143

Please bring a plate to share (one per parish)



**Catholic Outreach**  
**Care Concern Service**  
... helping you help others



## **Do you know someone who has cancer?**

Josephine will provide an overview of the cancer information and support services available through the Cancer Council.

Including information about

- 13 11 20 – our nurse-run telephone information and support service
- Financial support service
- Practical support service (cleaning, gardening, childcare)
- Healthy Living after Cancer program – a health coaching program delivered by telephone with our Cancer Council nurses. People who have finished cancer treatment can apply to take part if they would like support to reach their goals around physical activity and healthy eating
- Access to counselling
- Life Now program: meditation, yoga, exercise, and other classes
- Our accommodation lodges: for people living more than 100km from Perth who need to travel and stay in the city to have cancer treatment