

BreastWest Exercise Program



Free to all Western Health breast cancer patients

- Supportive Female Coaches (Coach Cat)
- 12 week program designed to increase strength flexibility and stamina for women during or post treatment of breast cancer
- Only requires 1 hr per week commitment
- Sessions Run Monday 2pm
- Each session is tailored for each individuals needs
- Additional at home nutrition and training programs provided

Did you know?

Moderate Exercise
30 min / 5 x per
week reduces Breast
Cancer recurrence by
up to **30%**

For Further information contact Philippa Logan 8345 6420 or email philippa.logan@wh.org.au