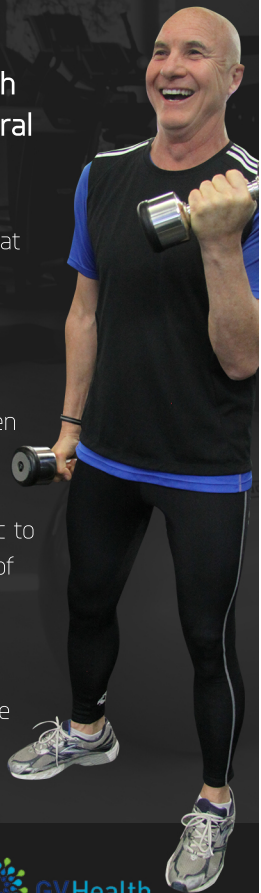


EXERCISE therapy

Research study to determine if exercise improves mental wellbeing in men with prostate cancer

Opportunity to take part in a research study designed to improve your general health and mental wellbeing.

- Receive 3 months of free supervised exercise at fitness centres throughout Melbourne & Shepparton
- Sessions are supervised by qualified exercise physiologists who specialise in exercise for men with prostate cancer
- You'll receive an individualised program specific to you and will be exercising with a small group of other men with prostate cancer
- Men who have been diagnosed with prostate cancer and can read and speak English may be eligible to participate



EXERCISE therapy



For more information please contact:

Exercise Oncology Team at ACU

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W: www.ihacu.edu.au/cancer