

# POWER



MannaCare  
WIDER CHOICES FOR OLDER PEOPLE



## Program for Oncology Wellness and Exercise Rehabilitation

**Having a cancer diagnosis doesn't mean you can't exercise.**

**Would you like to participate in a supervised exercise program while undertaking cancer treatment?**

MannaCare is commencing **POWER** – a Program for Oncology Wellness and Exercise Rehabilitation. This is not your standard exercise program. It is one designed especially for those who are at various stages of cancer treatment.

MannaCare is committed to providing an **evidence-based exercise and wellness 12 week supervised program** that **supports the individual** to take part in **safe physical activity** during and after treatment for cancer. We aim to **emPOWER, educate** and **connect** those who take part.

### **Eligibility:**

- GP referral essential
- Cancer diagnosis within the last 2 years
- You may be eligible for funding rebates

### **Contact POWER for further information:**

**T 1300 90 20 23**

**E [power@mannacare.org.au](mailto:power@mannacare.org.au)**

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Doncaster East **Community Bank** Branch  **Bendigo Bank**

