

## MannaCare breaks its fundraising goal with Cancer Council Australia Biggest Morning Tea!

MannaCare's Program for Oncology Wellness and Exercise Rehabilitation (POWER) this year took part in Cancer Council Australia's Biggest Morning Tea.

The POWER program is a 12 week supervised exercise program with an exercise physiologist and physiotherapist which is individualised to each participant's health needs, as well as their physical activity goals. Research has shown that exercise has very important benefits during and after cancer treatment and recovery. POWER has enabled people to remain active and as independent as possible within the community.

"This is a program that is worth its weight in gold!" declares Irene one of the POWER clients. With so many of our community impacted by cancer, POWER wanted to give something back to its amazing POWER clients who show such determination, positivity and strength.

Jessica Freeman, Project Officer – POWER stated, "It was important to raise money to give back to a community and population that POWER work so closely with. The event was a great success in raising funds for a valuable cause, as well as bringing together members of the MannaCare and wider community to celebrate the community spirit."

Well attended by POWER clients and staff, the afternoon tea was lots of fun with delicious food, laughter and shared stories.

With a fundraising goal of \$1000, so far MannaCare has raised \$1111.00 to support the Cancer Council with funds going towards vital cancer research, support services, prevention programs, and advocacy. The online donations will be open until Friday 2<sup>nd</sup> August.

MannaCare is proud to have taken part in this community event. As one of the POWER clients' declared, "It was a great opportunity to strengthen relationships with others who have been on a similar journey."

For more on POWER: <https://mannacare.org.au/our-services/community-services/oncology-program/>



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