



# CAN-B FIT ONLINE



6-WEEK EXERCISE PROGRAM FOR WOMEN WITH  
BREAST CANCER  
LED BY AN ONCOLOGY-TRAINED EXERCISE PHYSIOLOGIST

## Schedule of upcoming Breast Cancer Exercise Programs 2026

| <i>Date</i>   | <i>Time</i>   | <i>Type</i> |
|---|---------------|-------------|
| Wed 20 <sup>th</sup> May -<br>24 <sup>th</sup> June | 6:15-7pm AEST | New group   |
| Wed 12 <sup>th</sup> Aug -<br>16 <sup>th</sup> Sept | 6:15-7pm AEST | New group   |
| Wed 11 <sup>th</sup> Nov -<br>16 <sup>th</sup> Dec  | 6:15-7pm AEDT | New group   |

**Note:** a returning online group will be running (subject to interest) for people who have participated in past programs. Date TBC but this program is due to begin at the end of September.



\$30 for the 6-week program



Visit: [pbcf.org.au/wellness-exercise-online](https://pbcf.org.au/wellness-exercise-online)  
Email: [support@pbcf.org.au](mailto:support@pbcf.org.au)  
Phone: 0433720025



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PROSTATE  
& BREAST  
CANCER  
FOUNDATION

## WHAT YOU NEED TO KNOW

A **6-week** program designed to support women living with and beyond cancer through **education, movement, and community**.

Each session runs once a week for **45 minutes** via zoom.

In 2024, we launched our first online exercise workshop, led by Dr Morgan Farley and her team. Morgan founded Valere Health and is an award winning researcher and university educator.

Since then, we've successfully facilitated 4 online groups, with Morgan and Amy revolutionising cancer care through exercise, encouraging and educating women on how to **take control of their cancer diagnosis** and how to incorporate movement into their daily lives.



Complimentary resistance bands to challenge yourself throughout the 6-weeks



Safe and supportive environment to share as much or as little as you'd like



All exercises can be progressed or simplified to suit your needs



Women of all abilities and fitness levels are welcome!

