

# Cancer Survivor Program

The cancer survivor program is a two part (individual and small group) health and wellbeing exercise program specifically designed to maintain and improve physical capacities while managing the debilitation effects of cancer and cancer treatment. The program has been developed from evidence research conducted here at the Vario Health Institute.

**The individual component** enables the participant to gradually ease into the program on an individual basis with the qualified and experienced exercise physiologist. This allows us to gather important medical history, which enables us to design a personalised program for the participant.

**The group component** then progresses the participant to be more independent and in control with small group sessions fully supervised by the exercise physiologist.

## Program Benefits

- Reduction in side effects from chemotherapy, radiotherapy and hormone treatments
- Reduction in loss of bone density, loss of muscle, fatigue, nausea
- Improvements in general wellbeing
- Improved psychological benefits such as increased feelings of control
- Strong social support

## State of the Art Facility and Equipment

At the Vario Wellness Clinic we have state of the art equipment and highly qualified experienced practitioners who will take care of you.

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

Medicate rebates may apply if referred by a GP. Some health insurance companies also provide rebates. Please discuss with your GP or Health Insurance Fund.

## To make an appointment or find out about our costs, please contact:

Vario Wellness Clinic  
Telephone: 6304 3444  
Email: [variowellness@ecu.edu.au](mailto:variowellness@ecu.edu.au);  
Website: [www.variowellness.org](http://www.variowellness.org)