

What's On webinars



Please note that you must register before the event occurs in order to participate. Go to counterpart.org.au/events and click on the webinar link for the session you are interested in.

- **Managing menopause: a naturopathic approach** on Monday 17 February at 10.30am–11.30am
- **Radiotherapy for breast cancer** on Tuesday 18 February at 11.30am–12.30pm
- **Lymphoedema** on Tuesday 3 March at 12.30pm–1.30pm
- **Radiotherapy for gynaecological cancers** on Thursday 19 March at 11.30am–12.30pm

Remember you can go to the website to watch many past webinars at counterpart.org.au/past-webinars. These include past Making Connections sessions.

Counterpart Resource Centre


Level 5, Queen Victoria Women's Centre
210 Lonsdale Street, Melbourne

Open 10am–5pm Monday, Wednesday and Thursday. Please contact us to speak with our Peer Support Volunteers between 10am–2pm on these days.

Stay connected

To receive this Making Connections program regularly please call **1300 781 500**, email info@counterpart.org.au or visit counterpart.org.au/stay-in-touch

 /CounterpartSupport

 @counterpartAU

**Counterpart provides general information only.
For further information, or to discuss your own situation,
please consult your treating team.**



Counterpart is a service of Women's Health Victoria.
Counterpart acknowledges the support of the Victorian Government.

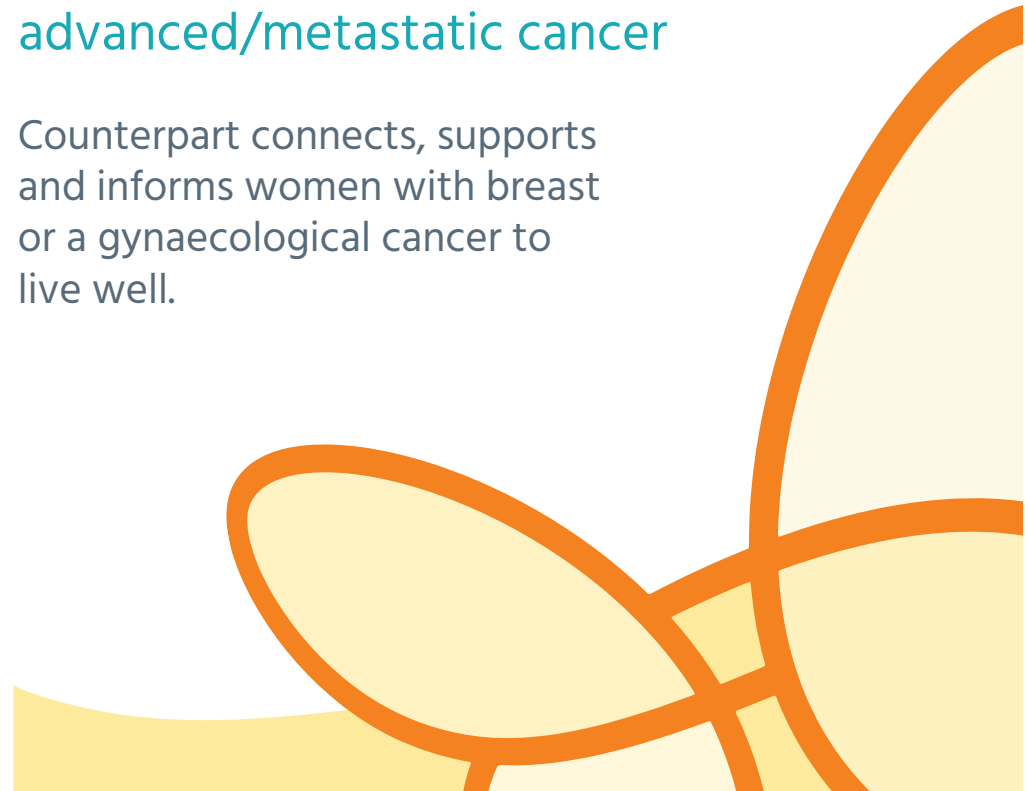
Women's Health Victoria acknowledges the Traditional Custodians of the lands and waters on which we work. We pay our respects to them, their culture and their Elders past, present and emerging.

February – April 2020

Making Connections

Events for women living with advanced/metastatic cancer

Counterpart connects, supports and informs women with breast or a gynaecological cancer to live well.





Exercise and metastatic cancer: a practical approach

Wednesday 12 February 10.00am–11.00am

The benefits of exercise are most effective when it's tailored to individuals. For people living with metastatic disease it can be hard to know where to start. Our presenter will speak about starting to exercise in a safe way, knowing your limits, getting good advice about what is appropriate for you to do, and, importantly, what you shouldn't be doing.

Amy Dennett is a physiotherapist and Research Translation Fellow at Eastern Health. She completed her PhD in 2018 on physical activity and oncology rehabilitation. She works clinically at the oncology rehabilitation program at Eastern Health including with women living with metastatic cancer.

How to join in

Online — watch the webinar on your own device. Register before the event at counterpart.org.au/events/exercise

Group screening — watch the webinar along with other women.

- **Melbourne** — Counterpart Resource Centre, Level 5, 210 Lonsdale Street, Melbourne. Book via phone, email or website.

Ongoing programs at Counterpart

What's On Free information sessions and activities for all women diagnosed with breast or a gynaecological cancer. Visit counterpart.org.au/events or phone 1300 781 500.

Reflexology sessions are offered for free, once a month at the Counterpart Resource Centre.

Feel Good Free fortnightly gentle exercise program run by experienced exercise instructors at a gym in the city.

Resources

Treatment options for metastatic breast cancer - video

In September 2019 Dr Michelle White, Medical Oncologist at Monash and Cabrini, gave a very clear and interesting presentation outlining current treatment options for metastatic breast cancer. Watch the recording online at vimeo.com/358714233



Bone metastases and breast cancer

Wednesday 22 April 12.00pm–1.00pm

Bone metastasis or 'bone mets' occur when cancer cells from the primary tumor relocate to the bone. Bones are the most common site of recurrence for breast cancer.

In this session our presenter, Medical Oncologist Dr Bianca Devitt, will outline common symptoms, how bone metastasis is diagnosed, what treatment options are currently available and new treatments on the horizon.

There will be an opportunity to ask general questions.

Breast cancer is an area of special interest to Bianca and she is actively involved in clinical trials as a principal and a co-investigator. She has a public appointment at Eastern Health and works at both Box Hill and Maroondah Hospitals.

How to join in

Online — watch the webinar on your own device. Register before the event at counterpart.org.au/events/bone-metastases

Group screening — watch the webinar along with other women at one of the locations below. Book via phone, email or website.

- **Melbourne** — Counterpart Resource Centre, Level 5, 210 Lonsdale Street, Melbourne.
- **Ballarat** — Primary Health Offices, 101 Drummond Street, Baileys Mansion, Ballarat Central.

Arrive at 11.30am for registration and cup of tea before the webinar starts.

The event is organised in partnership with Ballarat Health Services and hosted by Leanne Storer, McGrath Breast Care Nurse.



Bookings are essential

Please register your interest early so we know you'd like to attend.

Phone: 1300 781 500

Email: info@counterpart.org.au

Web: counterpart.org.au/events