



PROSTATE CANCER EXERCISE PROGRAM

Translation of Research ➔ Vario Health Clinic

With over 30 years of research in this field, each class is facilitated by an Accredited Exercise Physiologist and tailored for those affected by prostate cancer. Participants will receive a personalised program, in a safe and supportive group environment. Enjoy socialising with other prostate cancer clients. Partners welcome.

Benefits of exercise is known to:

- reduce treatment related side effects and symptoms
- improve immune and physical functions
- improve psychological well-being and quality of life
- reduce the risk of developing other chronic diseases



When

Monday & Thursday
3:30pm-4:30pm

Location

ECU Joondalup, Building 21
270 Joondalup Dr, Joondalup WA 6027

Contact

PH: 08 6304 3444

E: variohealthclinic@ecu.edu.au

For more information please visit
exercisemedicine.org.au



Client Testimonial

Lance Martin, 2021

"The experience gave me confidence and control over aspects of my life. I was able to return to productive work faster. I felt that I was a contributor to the cancer journey, rather than a victim"

