

HOPE HORIZONS CANCER WELLNESS CENTRE PRESENTS

Living Well With Cancer Education Forum

# Road to Hope



Tony Lawton Photography

*Learn about how Hope Horizons supports your cancer journey*

*The Road to Hope has been made possible by funding from Darling Downs and West Moreton PHN*

**9am-3pm Friday 24th May**  
**Senior Citizens Hall, Warwick**

OUR PROGRAM INCLUDES:

**GUEST SPEAKERS**

Kate Beyer, Hope Horizons  
Susan Long, Susan Long Psychology  
Alastair McGorm, Vision Exercise Physiology  
Jenny Wren, Grace & Joy Wellness

**AFTERNOON SESSIONS**

Susan Long Psychology: relationships and cancer  
Susan Long Psychology: talking about your diagnosis with others  
Vision Exercise Physiology: group exercise circuit sessions  
Grace & Joy Wellness: guided meditation and mindfulness session

FULLY CATERED LUNCH INCLUDED

**BOOK NOW**

[www.hopehorizons.com.au](http://www.hopehorizons.com.au)

or 4636 6108

**Hope**  
HORIZONS

**FREE EVENT - BOOKINGS ESSENTIAL - LIMITED TICKETS**