



# InForm Manning: A Cancer, Exercise and Wellbeing Program

## 2026 Program

Wednesdays 10am to 2pm

**TAREE**  
4 March and 22 April

Manning Education  
Centre/UDRH

**FORSTER**  
29 April + TBA

Forster Community Health  
Centre  
Education Room

**GLOUCESTER**  
6 May + TBA

Gloucester Community  
Health Centre  
The Green Room

***Exercise as Medicine*** with Oncology Physiotherapist, Clare Rourke

***Managing “Chemo brain”, fatigue, & peripheral neuropathy*** with Oncology Occupational Therapist, Kay Dook

***Managing the cancer journey*** with Oncology Social Worker, Kerry Clarke

-- *Lunch* --

***InForm past participants’ experience***

***Cancer Council Resources*** with Kellie Loader

***Cancer Survivorship*** with cancer specialist nurse, Jacinta Bryan

Talk to your Oncology care team,

