

Free exercise and oncology workshop

Join LCHS for a practical and evidence-based workshop in exercise oncology, designed to bridge the gap between research and real-world clinical care.



Led by keynote speaker Dr Eva Zopf, the session will explore the latest research on how targeted exercise supports cancer treatment, recovery, and long-term health outcomes.

Attendees will gain practical guidance on exercise prescription across the cancer continuum, managing treatment side effects, and applying safe, individualised programming strategies.

The workshop will also cover:

- Local oncology services
- Referral pathways
- Scope of practice for exercise professionals.

Ideal for exercise professionals, allied health clinicians, medical practitioners and university students looking to enhance their confidence and competence in cancer rehabilitation.

Morning tea provided.



Tuesday, 26 May 2026 from 10am - 1pm

Little Theatre, Grey Street, Traralgon



Visit <https://trybooking.com/DJVLD> or scan the QR code to register now.



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1800 242 696

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