

## 「姿采再展」乳癌治療後健體課程 2017 Chinese Encore Program 2017



此活動由更生會與雪梨女青年會合辦。「姿采再展」是一個為期八週的資訊及運動計劃，特別適合在生命中任何階段經歷過乳癌的華人婦女。

CanRevive works in collaboration with YWCA to organize this partnership program. This is a FREE 8 week exercise program designed specifically for women who have experienced breast cancer at any time in their life.

日期 Date: 16/2/2017 – 6/4/2017 (星期四 Thurs)  
時間 Time: 10:30am – 12:45pm  
地點 Venue: 女青年會 YWCA (5 -11 Wentworth Avenue, Sydney) 及  
Cook & Philip Pool (Hyde Park 對面)

參加者必須預先報名，並於 2017 年 1 月 31 日前填妥報名表格及請醫生簽署「醫療同意書」後 (Medical Approval Form p.2 – p.4)，交回更生會職員文太。

Registration is essential. Please fill in the enrolment form and ask your GP/Oncologist/Breast Surgeon to complete the Medical Approval Form on p.2 – p.4 and return the completed form to our staff before 31/1/2017.

為了讓參加者更了解課程內容，特別安排課程前聚會，日期：2月9日 (星期四)，時間：上午10時30分至中午12時30分。

Pre-program meeting will be held on 9/2/2017 (Thurs) from 10:30 am to 12:30 pm

報名或查詢：請電市區總會 (02) 9212 7789 與文太聯絡  
Registration & Enquiry: Please call City Office on 9212 7799