

Oncology Exercise Programs - Directory of links

Please use website links for current details

Program	Locations	Duration	Cost
<p>Breast Cancer Network Vic programs A range of programs aimed at helping people with breast cancer maintain physical wellness and manage typical side effects, such as fatigue and appetite. https://www.bcna.org.au/services-and-support-groups/services/31217</p>	Australia-wide	Various	Free and paid programs
<p>Cancer Council Victoria events calendar Cancer Council regularly holds free Cancer Wellness and Exercise programs throughout Victoria which run for up to 8 weeks. Type the location into the search bar. https://www.cancervic.org.au/calendar</p>	Bright Hamilton Horsham Hawthorn Maryborough Numurkah Seymour Shepparton Stawell Wangaratta Warracknabeal	8 weeks	Free
<p>Ex-Med Cancer An exercise program for people who have completed cancer treatment. https://www.exmedcancer.org.au/</p>	Box Hill Caulfield Coburg Melbourne CBD Sunshine	12 weeks	Free
<p>Movement against Cancer An exercise program for people who are currently having or completed cancer treatment within the last 2 years. http://www.movementagainstcancer.com.au/</p>	Cheltenham	10 weeks	Dependent on private health and eligible Medicare rebates. Please contact program directly.
<p>Moving Beyond Cancer A private clinic dedicated to prescribing exercise to people affected by cancer. Offers both individual and group assessments/programs http://movingbeyondcancer.com.au/about-us</p>	Carnegie Camberwell Heidelberg Wantirna	Various	Dependent on private health and eligible Medicare rebates. Please contact clinic directly.
<p>Oncology Clinics Victoria A series of clinics offering a range of exercise programs to patients with cancer. Including specific gynaecological and prostate cancer programs. https://www.ocv.net.au/ocv-services/exercise-physiology/cancer-and-exercise-therapy/</p>	Berwick Brighton East Melbourne Malvern	Various	Dependent on private health and eligible Medicare rebates. Please contact clinic directly.

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<p><u>Oncology Rehabilitation Programs in Victoria</u> A website with a comprehensive list of hospital and community health exercise in cancer programs across Victoria http://semrc.blogs.latrobe.edu.au/oncology-rehabilitation-programs-victoria/</p>	Throughout Victoria	Various	Dependent on private health and eligible Medicare rebates. Please contact the services directly.
<p><u>POWER at MannaCare</u> An evidence-based exercise program for individuals diagnoses with cancer within the previous two years to assist them to transition into a community gym in a safe and supervised nature. https://mannacare.org.au/our-services/community-services/oncology-program/</p>	Doncaster	12 weeks	\$75 initial assessment, \$15 per session (We can also accept DVA clients. Private health rebates may apply)
<p><u>Strength Over Cancer</u> Exercise program with 3x1hr sessions per week with a personal trainer for 6 weeks, overseen by a physiotherapist or exercise physiologist. http://www.strengthovercancer.com.au/index.html-services</p>	Elsternwick	6 weeks	No cost to participants
<p><u>YWCA Encore</u> (please note – this program is not offered in VIC) An exercise program designed specifically for women who have experienced breast cancer at any time. Based around land and pool exercises. Encore can help you strengthen and tone your arms, shoulders and chest, regain mobility, and improve your general fitness. You will need to wait at least eight weeks after surgery before starting the YWCA Encore program. If you are between 6 and 8 weeks post-surgery you may be able to participate with approval from your breast surgeon http://www.ywcaencore.org.au/</p>	NSW, QLD, SA, TAS, WA	8 weeks	Free