

# How do I feel normal again after cancer?

## Find out with Life 2.0!

A six-week course in which you'll regain a sense of control over your life, start to feel better, *and* learn how to reduce your cancer risk.

Finishing cancer treatment brings its own challenges. You want to feel normal again, but instead may feel lost, have low energy and fatigue, plus fear about cancer returning.

The good news is, there's plenty you can do to start feeling better again.

Join Life 2.0 and get the tools to start living life after cancer in a fun and supportive environment with others who've been through the same thing.

Topics include how to:

- Eat well
- Keep active
- Relieve stress and anxiety
- Understand cancer and recurrence risks

So you can feel better and look forward to the future with confidence.



***"I'm happier, feel healthier and my energy levels have really picked up. Do it! It's definitely been productive in moving on after cancer for me."*** Kathy

***"I have more energy, less fatigue and I'm less worried about having had cancer. This course helps you get back into life, it helps relieve the stress of the experience of cancer and anxiety of the future."*** Nicky



Life 2.0  
Living life  
after cancer

### Next course starts Wed 7th March!

Wednesdays 7pm-9pm - Mercy Centre, Epsom

Cost \$390 - *Limited places available, so book now*

Register now or find out more at: [www.life20.co.nz](http://www.life20.co.nz)

Or contact [jan@life20.co.nz](mailto:jan@life20.co.nz) or 021 22 77 069