

- * Over 35,000 cases of cancer in Australia each year could be prevented with a healthy lifestyle.**
- * One in six Australians will develop cancer before they reach retirement age (65).**
- * Every 60 minutes someone in Victoria loses their life to cancer.**

You can make a difference. Help your employees reduce their cancer risk by booking a Cancer Council Victoria workplace education session today.

 **Cancer Council
Helpline
13 11 20**
www.cancervic.org.au



**Workplace
education**

**Just 60 minutes
can help save lives**

One third of cancer deaths can be prevented.

Cancer Council Victoria has a suite of 60-minute interactive information sessions to educate your staff about the early detection and prevention of cancer.

Sessions are easily organised and held at a time and place that suits you.

Session topics

Sessions are based on the latest, evidence-based cancer information and cover the following topics:

Women's cancer

The prevention and early detection of breast, bowel and cervical cancer.

Men's cancer

The prevention and early detection of bowel and prostate cancer.

Cut your cancer risk

Advice for adopting a cancer smart lifestyle and information about cancer screening programs.

SunSmart

The prevention and early detection of skin cancer.

As well as delivering your choice of the above topics, Cancer Council will provide resources to help you promote your session(s) and provide follow-up information for employees.

Sessions on quitting smoking are also available through the Cancer Council Victoria's Quit program.

Benefits for your workplace

- ✓ Motivate employees to adopt a healthier lifestyle, which can support increased productivity and help reduce absenteeism.
- ✓ Create a cancer smart workforce – equip staff with potentially life-saving knowledge about the prevention and early detection of cancer.
- ✓ Inform your workplace to enable staff to better understand and support colleagues, family and friends affected by cancer.

Cost

Sessions are \$350 each. You can book multiple sessions on the same topic or different topics to suit your workplace. A discount applies when booking three or more sessions.

Prices for SunSmart sessions vary and are available upon request.

More information

For more information or to make a booking call **9635 5363**, email workplaceeducation@cancervic.org.au or visit www.cancervic.org.au/workplaces

One 60 minute session could help to save lives.