

Title

Wellness in cancer – beyond treatment: integrating exercise and psychology in cancer care.

Overview

Members of our multidisciplinary team will discuss the science and rationale for exercise oncology and the psychological impact of cancer survivorship including:

- The physiological benefits of targeted physical activity.
- The role of aerobic and resistance exercise for cancer related fatigue, bone density health and mitigating neuropathic pain.
- The data that regular exercise can significantly reduce the risk of cancer recurrence and mortality.
- The psychological impact of diagnosis and treatment.
- Recognising resilience and vulnerability across the cancer journey.
- Supporting patients through uncertainty: integrating information, emotional processing, and ongoing therapeutic care.

Case studies will be used for context.

Speakers

Dr Jane Crowe, Prostate Cancer GP (Moderator)

Max Rutherford, Registered Psychologist

Molly Lowther, Accredited Exercise Physiologist (specialising in exercise oncology)

Learning Outcomes

By the end of this activity, participants will be able to:

1. Explain the benefits of an individualised exercise prescription for patients with cancer before, during and after cancer treatment.
2. Identify cancer-related anxiety and depression and refer where appropriate.

RACGP

One CPD Educational Activity hour.

Registration

[Register online here](#) for this virtual event or scan the QR code to register.

Event details also available via our website at

<https://www.australianprostatecentre.org.au/gp-education-events>

- First name and last name
- Practice name, suburb and postcode
- Email address
- RACGP number (if applicable)
- Occupation

Date:

Wed 22 July 2026

Time:

7.00pm–8.15pm

Where:

Online via Zoom

Program:

7.00–8.00 presentations
8.00–8.15pm Q&A

RSVP:

Online registration via the link provided.

Limited places available.

Enquiries:

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