



look good **feel better**

FACING CANCER WITH CONFIDENCE

Virtual Workshops

Join us for free virtual, interactive Look Good Feel Better workshops, helping you face cancer with confidence.

Skincare and Makeup

Date	Start time	Finish Time
Thursday, 12 June 2025	12:30 PM	1:30 PM
Tuesday, 24 June 2025	7:30 PM	8:30 PM

Wigs and Headwear

Date	Start time	Finish Time
Wednesday, 25 June 2025	10:00 AM	11:00 AM

Wellbeing

Date	Topic	Start time	Finish Time
Qigong with Jen	Friday, 6 June 2025	1:00 PM	2:00 PM
Self-Care Coaching with Anika	Friday, 13 June 2025	10:30 AM	11:00 AM
Meditation with Sophie	Friday, 13 June 2025	1:00 PM	1:45 PM
Exercise during cancer treatment	Friday, 20 June 2025	10:30 AM	11:30 AM
Emotional Freedom Technique (Tapping)	Friday, 27 June 2025	11:00 AM	11:45 AM
Next Steps Physio Led Exercise	Friday, 27 June 2025	4:00 PM	4:45 PM

Please note

All times are in Australian Eastern Daylight Saving Time, as our team is based in Sydney. You are welcome to register for as many workshops as you wish.

For more info or to register for a workshop scan the QR code below, visit lgfb.org.au, or phone 1800 650 960.

