



Skin  
Hair  
Wellness  
Facing  
cancer with  
confidence



look good  
**feel better**

FACING CANCER WITH CONFIDENCE

# Skin Hair Wellness

Look Good Feel Better is a national cancer support program run by the Cancer Patients Foundation.

We teach cancer patients practical strategies to manage the physical, psychological and social impacts of cancer treatment.

In providing these strategies we help connect a community of people living a shared experience, empowering them to regain control, confidence and a sense of self.

# What we do

**Any cancer.  
Any treatment.**

**Our program is available to any person undergoing surgery, chemotherapy, radiotherapy, immunotherapy, or any other treatment for any type of cancer.**

## **In-person skincare, make-up and headwear workshops**

Designed for women and hosted by volunteer experts, we address common changes to the appearance that result from cancer treatment. We demonstrate a skincare routine to assist with side-effects like dryness and sun sensitivity; provide make-up tips to help correct and conceal redness, sallowness, pigmentation and dark circles, as well as demonstrating techniques for drawing on eyebrows and eyelashes; and offer advice on headwear, including scarf styling and wig selection. Advance registration is needed.

## **In-person grooming workshops**

Designed for men and hosted by volunteer experts, we offer valuable tips for managing changes to the skin and scalp like dryness and sun sensitivity, provide practical assistance for caring for brittle nails and dry cuticles, discuss easy but effective general grooming advice, and offer guidance on headwear options. Advance registration is needed.

## **In-person workshops for teens and young adults**

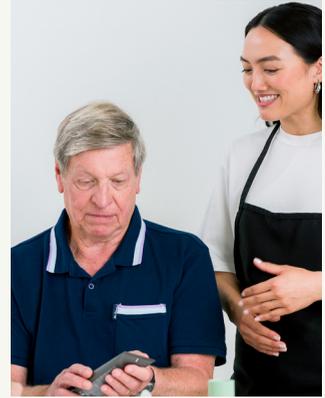
We work closely with our hospital partners and other organisations to offer special workshops to guide young people through managing the side effects of cancer treatment, connecting them to our volunteer experts for advice and support and helping them meet other young people living a shared experience. Advance registration is needed.

## **Virtual workshops**

Live and interactive and hosted by volunteer experts, participants learn practical strategies to manage the appearance-related side effects of treatment, and improve energy, mobility, nutritional health, and mental wellbeing. Topics include skincare and make-up, wigs and headwear, chair yoga, Emotional Freedom Technique (Tapping), physio-led exercise, meditation, qigong, self-care coaching, lymphatic and oncology massage, and anti-inflammatory nutrition. Participants are welcome to attend as many virtual workshops as they like. Advance registration is needed.

## **Home-Delivered Confidence Kits**

Home-Delivered Confidence Kits are designed to assist those who are undergoing cancer treatment and unable to participate in an in-person workshop for health, travel or personal reasons. A signed referral is required for a Confidence Kit to be sent directly to home with an information booklet and links to video tutorials. Our Home-Delivered Confidence Kits pair well with our virtual workshops.



# What you can do

We've supported over 190,000 people undergoing treatment for cancer in Australia and over 2 million globally

## Participate in a workshop

If you or someone you know has any type of cancer, Look Good Feel Better is here to help. Visit [lgfb.org.au](http://lgfb.org.au) to view our workshop schedule and register.

## Volunteer your time

Join the group of Look Good Feel Better volunteers transforming the lives of those undergoing cancer treatment. Register your interest in volunteering at [lgfb.org.au/join-our-team](http://lgfb.org.au/join-our-team) or [volunteer@lgfb.org.au](mailto:volunteer@lgfb.org.au)

## Support us

Look Good Feel Better receives no government funding and we rely on the generosity of the community to continue to provide our services free of charge to those undergoing cancer treatment. There are a number of easy ways to show support.

Get some friends, family members or colleagues together and raise some funds. Visit [lgfb.org.au/fundraise-for-us](http://lgfb.org.au/fundraise-for-us) to get started.

Make a donation, join the Confidence Collective or learn about other ways to give at [lgfb.org.au/ways-to-give](http://lgfb.org.au/ways-to-give)

Help us build awareness by following, liking and sharing on Facebook, Instagram and LinkedIn @LGFBAustralia, and by signing up to our newsletter at [lgfb.org.au](http://lgfb.org.au)

Spread the word – if more people know our program exists, more people can benefit from our support.

*"I walked in thinking I didn't really need the workshop but the knowledge and the time the volunteers gave us was really valuable. It was a good opportunity to take time out and connect with a different group of people in the same situation."*

*Kara, past participant.*



Contact us  
1800 650 960  
info@lgfb.org.au  
lgfb.org.au

For more information  
scan below



Workshop  
registration



Volunteer



Support us



Make a  
donation



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