



look good **feel better**

FACING CANCER WITH CONFIDENCE



About Look Good Feel Better

Look Good Feel Better is a free, national community service program, run by the Cancer Patients Foundation. The program has been designed to help cancer patients manage the appearance-related side-effects caused by cancer treatment.

Face-to-Face Workshops, Virtual Workshops, Home-Delivered Confidence Kits and Confidence Consults are the four services offered as part of the Look Good Feel Better program. All have been developed with the purpose of empowering those undergoing cancer treatment by equipping them with the practical skills and knowledge needed to face their cancer diagnosis with confidence.

The program is open to any Australian undergoing any type of treatment for any type of cancer. Since the program's inception in 1990, more than 170,000 women, men and teens have participated.

Look Good Feel Better receives no government funding, so it is the generosity of the community that allows for the program to be provided to cancer patients free-of-charge.

How you can get involved

- If you know someone with cancer, let them know Look Good Feel Better is here to help. Visit lgfb.org.au
- Get some friends, family members or colleagues together and raise some funds. Visit lgfb.org.au/fundraise-for-us to get started.
- Make a donation at lgfb.org.au/donate or learn about other ways to give at lgfb.org.au/ways-to-give
- If you'd like to discuss the donation of stock for our Confidence Kits for program participants, contact info@lgfb.org.au
- If you'd like to discuss the donation of prizes for our annual fundraising events, contact fundraising@lgfb.org.au
- If you're interested in volunteering, apply at lgfb.org.au/join-our-team
- Help us build awareness by following, liking and sharing on Facebook, Instagram and LinkedIn [@LGFBAustralia](https://www.instagram.com/LGFBAustralia), and signing up to our newsletter at lgfb.org.au
- Spread the word – if more people know the program exists, more people can benefit from our support.

“Going through the cancer journey so many things are completely out of your control, and I'm grateful and hang on to every moment where I feel empowered, strong and happy. Your work has given me a number of those precious moments.”

Kerry, Program Beneficiary.

Did you know...

Just **\$100** will ensure a cancer patient can attend a Face-to-Face Workshop, **or** participate in a Virtual Workshop and receive a Home-Delivered Confidence Kit.



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