

Look Good Feel Better!

Look Good Feel Better is a free national community service program, run by the Cancer Patients Foundation, dedicated to teaching cancer patients how to manage the appearance-related side-effects caused by cancer treatment.

We proudly offer three services to educate and empower any Australian undergoing any type of treatment for any type of cancer.

Face-to-face workshops: group workshops covering skincare techniques to address common side-effects like dryness and sun sensitivity; makeup tips to help correct and conceal redness, sallowness, pigmentation and dark circles as well as techniques for drawing on eyebrows; and advice on headwear including scarf styling and wig selection.

Each participant receives a Confidence Kit full of skincare and make-up products donated by the cosmetic industry, to use as tools for application throughout the workshop, and for continued use in their own homes.

Virtual Workshops: live and interactive online workshops on either Skincare and Make-up, or Wigs and Headwear, for those who prefer to learn in the comfort of their own home.

Home-Delivered Confidence Kits: Confidence Kits delivered directly to the homes of those cancer patients who are unable to attend a Look Good Feel Better workshop for health, travel or personal reasons.

To participate in the program or to find out more, visit lgfb.org.au or phone 1800 650 960.



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FACING CANCER WITH CONFIDENCE

