



look good **feel better**

FACING CANCER WITH CONFIDENCE

# Virtual Workshop for men!

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

The Virtual Workshop will cover exercise and nutrition, skincare, scalp care and nail care.

## **You will need:**

- A reliable internet connection
- A webcam (if your computer or tablet doesn't have a built-in camera)
- Speakers and a microphone (or a tablet or telephone with a speaker)
- A well-lit room

A link for accessing the workshop will be provided upon registration.

**To register, please visit [lgfb.org.au/workshop](https://lgfb.org.au/workshop)**



**1800 650 960 | [info@lgfb.org.au](mailto:info@lgfb.org.au)**