

# WELLNESS AFTER BREAST CANCER

## Text Message Service



Looking for information & support during the COVID-19 outbreak?

This **FREE 3-month text message service** includes

- Positive & helpful tips for a healthy lifestyle
- Government advice on breast cancer & COVID-19



### Who can join?

Adults (18yrs+), finished *active* breast cancer treatments (surgery and/or chemotherapy and/or radiotherapy) & own an Australian mobile number

More information or join:

1. Click [HERE](#)
2. Text 'WELLNESS' to 0437 045 826
3. Scan QR code with mobile phone camera



THE UNIVERSITY OF  
**SYDNEY**

Westmead Applied  
Research Centre



**BCI** westmead  
breast cancer  
institute