

MENOPAUSE AND CANCER GROUP



ABOUT OUR GROUP

Menopause is a natural stage of life, yet it often brings a wide range of symptoms that can significantly affect quality of life. For many of our clients, menopause has been prematurely induced due to medically induced menopause.

This can add layers of complexity, both physically and emotionally.

We recognise that menopause is a deeply personal and often emotional topic, with many conflicting messages and unanswered questions.

Our aim is to:

- Encourage open and supportive discussion
- Provide accurate, evidence-based information
- Share reliable resources to assist with symptom management

The Session will be facilitated by Bloomhill Clinical Nurse Helen Dunne and Kate, a Bloomhill client and Clinical Nurse with lived experience of treatment-induced menopause following cancer therapy.

THIS MONTH'S SPEAKER

Candice Lamb of Lift Pelvic Health and Rehab

Candice has been a Physiotherapist working in the Pelvic Health and Continence space for 10 years on The Sunshine Coast. She is passionate about supporting women through every stage of life and is passionate about educating women about their health care so that they can take charge.

We warmly welcome you to attend, share, learn, and connect.

GROUP DETAILS

Thursday 18th June 2026

11am

Bookings not required.

For further information, please contact
07 5445 5794

Located at our Wellness Centre,
58 Ballinger Road, Buderim