

# Myeloma Awareness Month

◀NEWCASTLE▶

## Me & Myeloma - Empowerment & Living Well

We invite you to attend this education event in recognition of National Myeloma Awareness Month. This seminar will feature expert presentations discussing myeloma and its treatment with a strong focus on wellbeing and empowerment.

### Speakers & Topics

Topics covered on the day will range from overview of myeloma and its treatments, managing your myeloma (symptom management) and managing uncertainty.

#### *Speakers include*

**Dr Wojt Janowski** - Haematologist:

*"Overview of myeloma, upcoming treatments on the horizon then a Q & A."*

**Camille Plant** - Clinical Psychologist:

*"Coping with a myeloma diagnosis, coping strategies and setting goals."*

**Maria McDonald** - Pastoral Care:

*"Self care and relaxation techniques."*

**Abby Bowen** - Physiotherapist:

*"The role of exercise / physical activity in maintaining health, tips for exercise."*

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**Friday**  
**May . 17 . 2019**

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**Registration**

9:30 am - 10:00 am

**Seminar**

10:00 am - 2:30 pm

**Morning Tea and  
Light Lunch provided**

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**Club Charlestown  
5 Lincoln Street  
Charlestown NSW 2290**

**RSVP by Friday 10th May**

**Register to secure your place:**

<https://www.trybooking.com/BCBDN>

**For more information contact:**

**Juliet Hill**

**E:** [juliet.hill@myeloma.org.au](mailto:juliet.hill@myeloma.org.au)

**M:** 0433 511 554

**Rachel McCann**

**E:** [rachel.mccann@myeloma.org.au](mailto:rachel.mccann@myeloma.org.au)

**M:** 0433 511 606

