

Cancer Wellness

Ask us.

We can help you find information when you need it.

- »» Breast Cancer
- »» Cancer Wellness
- »» Health and Nutrition
- »» Prostate Cancer

Books, databases, weblinks, online magazines and apps.

Introduction

If you have been diagnosed with cancer, or are caring for someone who has, the Cancer Wellness: Connections program draws together current, useful information recommended by cancer survivors and cancer support groups and organisations. This information is not intended as a substitute for professional medical advice.

This booklet contains links to print books, digital magazines and health databases in CityLibraries' collection, as well as links to some useful websites.

To access these resources:

Join in the library or online (membership is free) > bit.ly/usingyourlib

Click on the images throughout this booklet to discover those resources at CityLibraries.

Search for cancer wellness on the catalogue > bit.ly/tsvsearch

Search cancer wellness on our Goodreads > bit.ly/tsvgoodreads

or you can Ask Us for help in finding information.

After presentations to cancer support groups, the Cancer Wellness collection has received positive feedback.

“I would like to thank you and all those involved at the library for supporting women with breast cancer. We received the Cancer Wellness fliers and have started placing them in the resource folders we give to all newly diagnosed patients. I feel certain that your resources will be well used.”

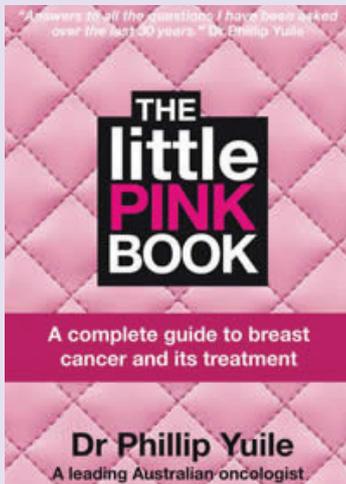
- Breast Care Nurse, The Townsville Hospital.

CityLibraries Townsville thanks participants in the Encore program and local health professionals for their support of this program.

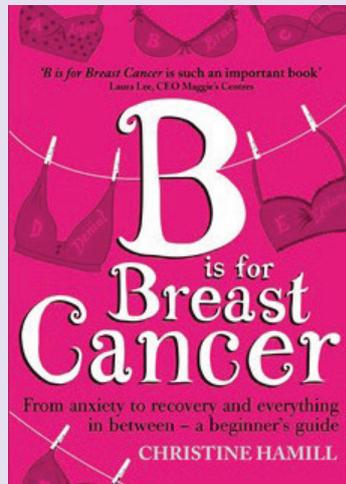


Breast Cancer

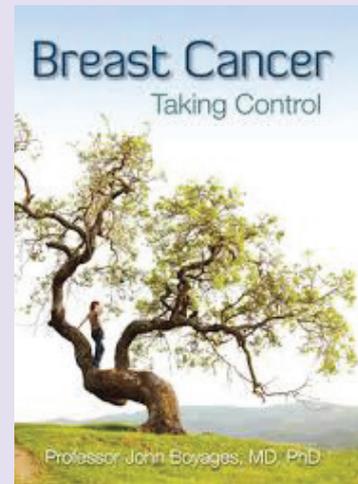
Books › Click the image to reserve your copy.



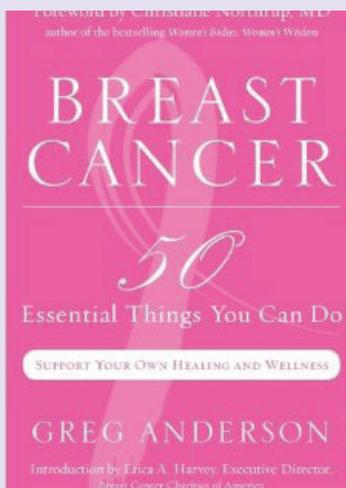
The Little Pink Book



B is for Breast Cancer



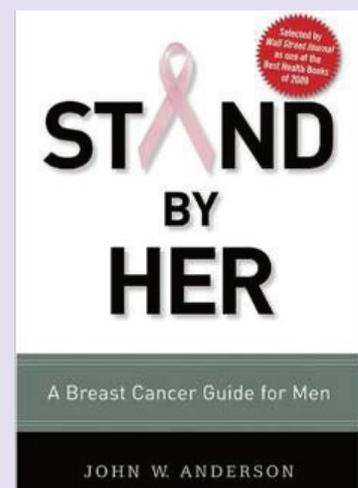
Breast Cancer: Taking Control



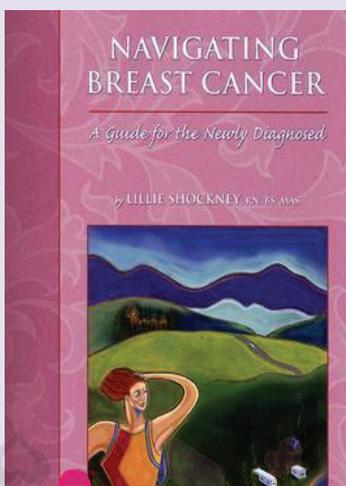
Breast Cancer



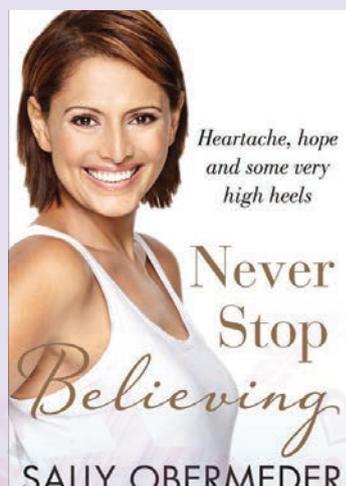
Breast Support



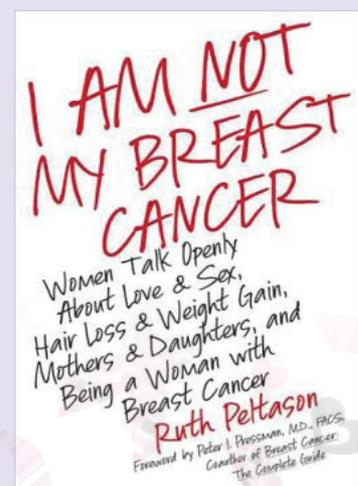
Stand by Her



Navigating Breast Cancer



Never Stop Believing



I am not my Breast Cancer

Cancer Wellness

Online information › Click the image to find it online



Health and Wellness Resource Centre Database



Breast Cancer Network - www.bcna.org.au

Breast Screen Queensland - www.health.qld.gov.au/breastscreen

Cancer Council Queensland - www.cancerqld.org.au

Prostate Cancer Foundation of Australia - www.prostate.org.au

Favourite sites saved on Diigo online - search for cancer wellness



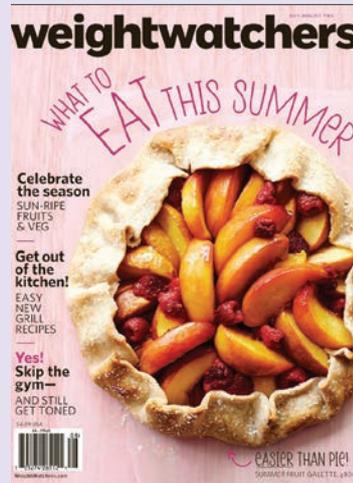
Find cancer wellness apps on your mobile device

Health and Nutrition

Online magazines › Click the image to search for *Food and Cooking*

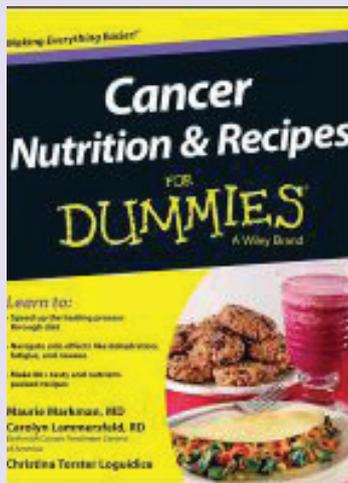


Eating Well

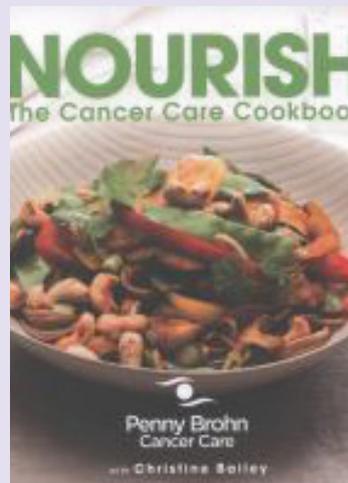


Weightwatchers

Books › Click the image to reserve your copy



Cancer Nutrition



Nourish

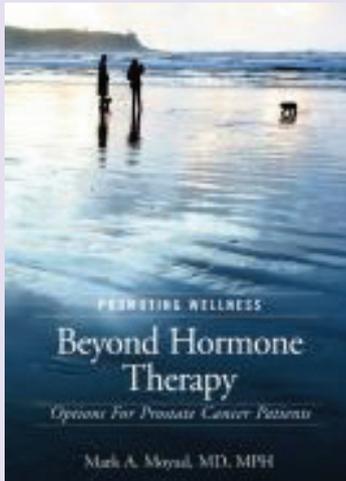


How to Eat Well

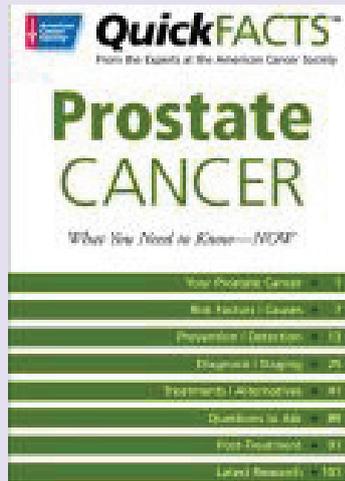


Prostate Cancer

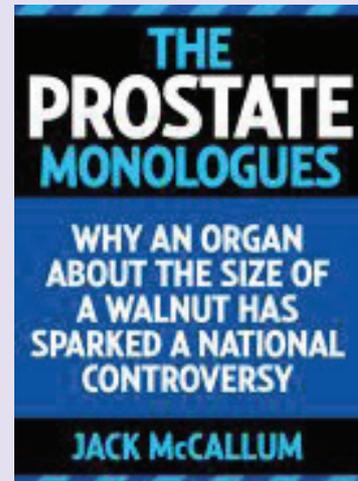
Books › Click the image to reserve your copy



Promoting Wellness



Quick Facts on Prostate Cancer



The Prostate Monologues

