

Free sessions to help you navigate cancer

Regain control and your confidence with our free wellbeing programme



look good feel better®

any person | any cancer | any where | any time

- Community classes
- Expert Q&A sessions
- On-demand videos
- Online classes
- Podcasts



Here to help you feel better

Navigating cancer can be as daunting emotionally and mentally, as it is to physically deal with prognosis and treatment. This is why Look Good Feel Better provides a range of free sessions, for anyone with any cancer at any stage of treatment. The programme focuses on skin, hair, mind and body - providing tools and tips to help people face cancer with confidence. They are an opportunity to do something practical and to connect with others who may be experiencing something similar, away from the world of diagnosis and treatment. All the sessions are free and participants are welcome to take a friend or family member to the community sessions or sit in on the virtual programme.

Look Good Feel Better for men

Feel Better Live Stronger online sessions are for men with any cancer at any stage - from prognosis to "thrival". Held in small groups, they feature a guest speaker - this may be a person from the professional sporting arena, a respected Kiwi with an inspiring story to share, or an expert who can give you advice to help you feel more like yourself. Other sessions include a range of online classes, on-demand videos and *Cancer Conversations* podcasts.

For teens

We offer a skincare and make-up class for 13-25 year olds - held in community centres or online. And our wellbeing programme - a range of online tools and sessions that are also beneficial for young people.

For friends & whānau

We welcome you to invite a friend or family member to experience our free sessions. This may be accompanying you to a signature skincare and make-up class held throughout the country, or online. They are also welcome to sit in on any of the online live wellbeing sessions.

You are not alone

"It lifts you emotionally ... and it gives you the boost to keep going"

- Selena, participant

"It was really valuable, I would recommend other men go. I got a lot out of it"

- Tim, participant

"It's not about medical appointments, it's not about the disease, it's about me as a person"

- Lisa, participant

"They give us small bite-sized pieces of advice, little gems to follow"

- Paul, participant

Community skincare & make-up sessions

Held in community centres throughout New Zealand, these signature skincare and make-up classes help you manage the impact of treatment and meet others who truly understand what you are experiencing. The two-hour sessions include easy-to-follow skincare and make-up techniques, and participants receive a Feel Better Confidence Kit made up of donated skincare and cosmetics.



Expert online Q&As

Packed with useful advice and real-life experiences, these online Q&A sessions provide insights and expertise from a wide range of people, including professionals whose life experience are applicable to someone with cancer or their loved ones. They provide a way to help you feel more empowered and confident while navigating cancer.



Podcasts

The podcast you hoped you would never need. Journalist and cancer survivor Helen King chats with patients about their experiences, and experts give their insights on navigating cancer. They include coping with cancer emotions, navigating life and work post-cancer, the power of communication, and personal styling to give you confidence.

Online classes

This schedule of virtual video sessions are held via a Zoom link - with a programme of weekly, monthly and bi-monthly classes for skin, hair, body and mind. Join from the comfort of your own home.



On-demand videos

A library of short videos and podcasts that are available at any time. They are a refresher for some of the classes, across a range of wellbeing and skincare and make-up topics such as how to find calm through breathing, how to look after your skin during treatment, how to deal with neuropathy, how to care for your wig and how to tie a headscarf.



Scan to find out more and book a free session, or visit us at www.lgfb.co.nz or call 0800 865 432

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