



26th ASIA-PACIFIC PROSTATE CANCER CONFERENCE

APCC26

Melbourne Convention & Exhibition Centre, Australia | AUGUST 13-15

Together In Discovery & Care



MOVING FOR THE BODY AND MIND



THURSDAY
13 August, 2026
1330 - 1730

This workshop will explore the wide-ranging benefits of movement and exercise for people living with prostate cancer, with a strong focus on practical application in clinical care.

Participants will learn from national experts in exercise oncology, covering targeted exercise interventions for patients undergoing hormone therapy, the role of cardiovascular exercise in improving physical and treatment-related outcomes, and pelvic floor exercises tailored to specific continence concerns.

The workshop will also highlight the impact of movement on mental health and nervous system regulation, including restorative practices such as Yoga and Qi Gong.

This highly practical session will equip nurses and allied health professionals with evidence-based knowledge and confidence to integrate exercise and movement strategies into patient education, support, and care pathways.

SPEAKERS



Prof Prue Cormie
Matthew Flinders Professor of Exercise Oncology, Flinders University

Ms Dale Ischia
Accredited Exercise Physiologist, Moving Beyond Cancer



WHO SHOULD ATTEND?

Exercise Physiologists, Pelvic Floor Physiotherapists, Psychologists, Nurses, Allied Health. *please wear comfortable clothing this session will involve movement.

1330-1345	Welcome from workshop chairs Dr Shan Morrison & Molly Lowther
1345-1400	Exercise – The Miracle Drug Prof Prue Cormie
1400-1500	The benefits of exercise throughout the prostate cancer journey: A panel discussion Our expert panel will explore exercise prescription throughout the prostate cancer disease trajectory, covering active surveillance, radical prostatectomy (including targeted PFMT for incontinence), radiation, and advanced disease including hormone therapy, ARPI, chemotherapy, and radionuclide therapy. Prof Prue Cormie, Ms Dale Ischia, Ms Molly Lowther, Dr Shan Morrison, Ms Jane Richards & Ms Susannah Van Der Venne
1500 - 1530	Afternoon Tea
1530-1600	Specific exercises and when they are important: Exercise Physiologist perspective and practical demonstration* Ms Dale Ischia
1600-1615	Specific exercises and when they are important: Physio Perspective Ms Susannah Van Der Venne
1615-1630	The benefits of exercise: The patient perspective Ms Jessica Dickson
1630-1730	A balanced movement diet: an introduction to nervous system regulation and restorative exercise practices* A practical exploration of restorative practices such as Mindfulness Meditation, Yoga, Qi Gong, Tai Chi, Relaxation and Breath Work. Facilitated by Jane Richards, Susannah Van Der Venne, Max Rutherford & Shan Morrison
1730	Conclude

[Program correct at time of publication]

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FIND OUT MORE

Scan the QR code to learn more about the APCC26 workshops.



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