



**HOLY SPIRIT  
NORTHSIDE  
PRIVATE HOSPITAL**

**The Holy Spirit Northside  
Private Hospital Limited**  
ABN 41 082 189 035

627 Rode Road  
Chermside QLD 4032

Locked Bag 1515  
Virginia BC QLD 4014

Telephone 07 3326 3000  
Facsimile 07 3326 3295  
[www.hsnph.org.au](http://www.hsnph.org.au)

## **Media Release**

**March 2013**

### **Look Good Feel Better Program launched .....**

In March, Holy Spirit Northside Private Hospital held its first Look Good Feel Better program in our new Sister Edith Centre for Education. The morning, facilitated by our Breast Care Nurse Carmel Gamble, was enjoyed by eighteen women who are being treated for cancer.

Look Good Feel Better (LGFB) is a cosmetic industry community initiative helping cancer patients. The program's aim is to boost cancer patients' self-esteem and help them regain confidence. This is achieved by teaching participants how to look after their skin, apply make-up and give creative and practical ways to deal with hair loss.

These hands on 2 ½ hour workshops started over 20 years ago in the USA and are now held Australia wide and in 24 countries. Participants take home a complimentary set of skincare and make-up, all donated by the cosmetic industry. There are separate workshops held for women, men and teenagers.

Holy Spirit Northside Private Hospital General Manager Daniele Doyle said, "Holding these workshops here at HSNPH provides women living on Brisbane's northside and dealing with cancer, a wonderful opportunity to participate in this enjoyable worthwhile program. We encourage the promotion of this program to patients, family and friends whom you believe may benefit from this program".

Our Breast Care Nurse Carmel Gamble who is a recent appointment to our Hospital's cancer service, facilitates these initiatives and tailors education and information to suit each patient. She is also trailing Thai Chi to support and complement our comprehensive cancer care services.

"Our vision is to be the leading provider of cancer services in north Brisbane".

For further information please contact Jenny Kilby, Business Development and Marketing Manager on 0401 712 990 or email: [jenny.kilby@hsn.org.au](mailto:jenny.kilby@hsn.org.au)