

Caring for yourself after cancer treatment

Online workshop

Wednesday 28th June 10am-12.30pm

Join us for an interactive workshop, attend as many talks as you like. Discover the support available in your local community, ask questions and share your experiences.

Talks

- Myth busters & healthy diet
- Managing psychological challenges at the end of treatment
- Get active with Move More
- Finding support in your community
- Discover the social prescribing service



For more information & to book your place please contact:

Estelle Le Galliot, Health & wellbeing coordinator

Email: Estelle.Legalliot@stgeorges.nhs.uk

Or

Visit the **Macmillan Cancer Information & Support Centre**
St George's Hospital, Ground Floor Grosvenor Wing



@MacmillanCentreStGeorgesHospital



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