

Caring for yourself after cancer treatment

Online workshop

Thursday 3rd November 2022 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

St George's University Hospitals **NHS**
NHS Foundation Trust

**MOVE
MORE**

enable
leisure & culture



For more information & to register your interest please contact:

Estelle Le Galliot, Health & wellbeing coordinator

Tel: 020 8725 2647 **Email:** Estelle.Legalliot@stgeorges.nhs.uk

Or visit the **Macmillan Cancer Information & Support Centre**

St George's Hospital, Ground Floor Grosvenor Wing



@MacmillanCentreStGeorgesHospital



@MacmillanSTG

