

Caring for yourself after cancer treatment

Online workshop

Coming next February 2022

Join us for an interactive workshop, attend as many talk 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 & register your interest please contact:

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Or

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



@MacmillanCentreStGeorgesHospital



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