

Coping with fatigue workshop

Thursday 21st March 2019

10am-12pm

The workshop is for cancer patients, their family and friends.

What will you get out of it?

- ◆ Help with understanding what causes cancer-related fatigue
- ◆ How fatigue affects individuals
- ◆ How to recognize triggers
- ◆ Explore ways to adapt daily life activities and your environment to optimise energy levels
- ◆ Talk with and learn from others who are having similar experiences



Please book a place with the **Macmillan Cancer Information & Support Centre**
St George's Hospital, Ground Floor Grosvenor Wing

Tel: 020 8725 2677 **Email:** cancer.information@stgeorges.nhs.uk

Opening hours: Mon to Thu 8.30am - 5.30pm, Fri 9.30am - 4.30pm



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