

Caring for yourself after cancer treatment

A Health & Wellbeing Day for patients and their carers

Wednesday 23rd October 2019 1am-3.30pm

Hyde Park Room, First Floor Lanesborough wing

Join us for an interactive day, attend as many talks as you like, speak to others & share your experience, try complementary therapies and much more

◆ Talks (booking essential)

- ◆ **Myth Busters & Healthy diet**
- ◆ **Managing psychological challenges at the end of treatment**
 - ◆ **Help to get active with Move More**
 - ◆ **Q&A with consultant & cancer nurse specialist**
- ◆ **Singing workshop with Tenovus Cancer Care Choir Leader**

◆ Market place

Throughout the day discover the support available in your local community with stalls like :



For more information and to book places to the talks contact
the Macmillan Cancer Information & Support Centre
St George's Hospital, Ground Floor Grosvenor Wing

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



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