

# Fatigue (Tiredness) Workshop

**Wednesday 26th September 2018**

**2pm-4pm**

**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



**For more information and to book a place contact  
The Macmillan Cancer Information and Support Centre  
Grosvenor Wing, Ground Floor**

**Opening Times: Monday-Friday 9.30-16.30 (excl BH)**

**Tel: 0208 725 2677**