

# Caring for yourself after cancer treatment

A Health & Wellbeing day for patients and their carers

**Wednesday 1st May 2019 11am-3pm**

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)

11.15am Myth busters & healthy diet with Macmillan Dietitian  
Tanya Pendleton

12pm Managing psychological & emotional challenges at the  
end of treatment with Macmillan Clinical Psychologist  
Dr Sahil Suleman

1.15pm Q&A with Dr Jason Chow & Macmillan CNS  
Diane O'Connell

2pm pm How to get active with Move More Wandsworth  
coordinator Beth Brown

**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](mailto:cancer.information@stgeorges.nhs.uk)



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# ◆ Market place

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



**Duffus Cancer Foundation**  
Making a positive difference

