

Coping with fatigue online workshop

Thursday 9th December

10am-12.30pm

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



To book a place please contact **Estelle Le Galliot**
The Health & wellbeing coordinator

Tel: 020 8725 2647 **Email:** Estelle.legalliot@stgeorges.nhs.uk

or drop in at **The Macmillan Information Centre**
on the ground floor of Grosvenor wing

