

Coping with fatigue online workshop

Thursday 8th September 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 are having similar experiences



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

