

**Finished your cancer treatment?
Looking to get on with your life but feel you
need help and support?
Macmillan Cancer Support can offer you**

Help
Overcome
Problems
Effectively

An interactive, group based, self management support course, which runs for 6 weeks.

**MACMILLAN
CANCER SUPPORT**

The course helps with:

- Goal setting and action planning
- Stress management (e.g. mindfulness and relaxation)
- Fatigue management
- Identifying your strengths
- Becoming more positive, grateful and appreciating life more
- Healthy lifestyles (e.g. eating more healthily and physical activity)
- Prioritising the important things in life
- Fear of cancer recurrence
- Body image and relationships
- Communication skills

To book onto the course please contact:
Cancer Information and Support Centre 02476 966052

Venue: Myton Hospice

Session Number	Course 1 Dates	Course 2 Dates	Time
1	Friday 14th April 2023	Friday 29th September 2023	9.30am - 12.00
2	Friday 21st April 2023	Friday 6th October 2023	9.30am - 12.00
3	Friday 28th April 2023	Friday 13th October 2023	9.30am - 12.00
4	Friday 5th May 2023	Friday 20th October 2023	9.30am - 12.00
5	Friday 12th May 2023	Friday 29th October 2023	9.30am - 12.00
6	Friday 19th May 2023	Friday 3rd November 2023	9.30am - 12.00

Please arrive 15 minutes before workshop so we can start promptly