

A course for anyone affected by cancer

Friday 23rd February and Friday 2nd March 2018

11.00am to 5.00pm each day

At Sir William Rous Unit, Kingston Hospital,
Galsworthy Road, Kingston upon Thames KT2 7QB

The Living Well with the Impact of Cancer two day course is free and available for anyone living with cancer and their close supporter. The course shows how to take simple steps to live well with cancer.

To book:

Visit: www.pennybrohn.org.uk/national-living-well-services

Email: bookings@pennybrohn.org.uk **Phone:** 0303 3000 118



Living well with the impact of cancer

The course may help you:

- Find out about how to prepare and enjoy healthy food.
- Find a way to bring manageable exercise into your life.
- Manage stress through relaxation and simple breathing exercises.
- Cope with the emotional and psychological impact of cancer and its treatment.
- Discuss the impact of a cancer diagnosis on relationships.
- Explore some of the practical difficulties.
- Consider how living with cancer affects our deepest values and beliefs.

This course will be held over two consecutive Fridays and will start at 11.00am and finish at 5.00pm each day. **To secure your place please complete and return a booking form as soon as possible. Bookings close on 9th February 2018.**

We are able to provide our services free of charge, thanks to the charitable donations and voluntary contributions which fund our work.

Penny Brohn UK Chapel Pill Lane, Pill, Bristol, BS20 0HH
0303 3000 118 | info@pennybrohn.org.uk
www.pennybrohn.org.uk

Penny Brohn UK is the trading name of Penny Brohn Cancer Care, a registered charity (no. 284881) and a company registered in England (no.1635916).