

**Are you coming to the end of your cancer treatment and wondering how you will move forward? Then we would like to invite you join us for an:**

# **END OF TREATMENT VIRTUAL HEALTH & WELLBEING EVENT**



These events will help you to live a healthy lifestyle after cancer treatment and include topics on:

- **Keeping physically active**
- **Diet, sleep and fatigue**
- **Managing your emotions**
- **A session with your clinical team**

**2021 Dates, all 10am until 2.30pm via Microsoft Teams:**

**Tuesday 26th January  
Thursday 9th September**

**Wednesday 5th May  
Tuesday 7th December**

You can book a place directly on our Trust website – see 'Health and Wellbeing Event' Page or follow this link:

BOOK ON HEALTH AND WELLBEING EVENT – CLICK HERE



**Or please contact the Macmillan Information Service for more information and to book a place.**

Tel: 01484 343614 or 01422 222709 or email

**[cancer.information@nhs.net](mailto:cancer.information@nhs.net)**

**We will then send you joining instructions.**

**Please also get in touch if you would like to know when our next face to face Health and Wellbeing Event will take place or you would like some information to be sent out in the post.**