

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 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**

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

Thursday 15th September 2022

Tuesday 6th December 2022

You can book a place directly on our Trust website – see 'End of Treatment Event' Page or follow this link:

BOOK ON END OF TREATMENT 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

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.