WE ARE MACMILLAN. CANCER SUPPORT

NHS
Hampshire Hospitals
NHS Foundation Trust

Living With and Beyond Cancer Health and Wellbeing Event

For patients, carers and families of those who are finishing or have finished treatment for cancer.

Come and join us for information, advice and participation on:

- Diet - the myths and truths
- Getting active and coping with fatigue
- Emotional well-being
- Personal finances
- Managing side effects
- Local groups and charities who offer additional support

Location: **Basingstoke**	Location: **Winchester**	Location: **Andover**
The Ark Conference Centre, Dinwoodie Drive, Basingstoke, Hampshire **RG24 9NN**	**Weeke Community Centre**, Taplings Road, Weeke, Winchester **SO22 6HG**	**Picket Piece Village Hall**, Picket Piece, Andover **SP11 6LY**
When: 11th March 09:00-12:30	**When:** 24th April 09:00-12:30	**When**: 14th June 09:00-12:30

For more information or to book yourself a place on any of these events please call:

Lucy on 07557488575 or Email: livingwith&beyondcancer@hhft.nhs.uk