

Feel Uplifted!

**Are you or a loved one living with cancer?
Would you like to learn techniques to help you adjust?**

The Community Cancer Centre will be holding various workshops which will address different areas of your life.

PATIENT or CARER, Why not join us TOGETHER?

Understanding The Cancer Journey

Thursday 14th January

Adapting to a New Life

Thursday 28th January

Physical Effects of Cancer

Thursday 11th February

Exercise and Nutrition

If you would like to attend one of these sessions or would like further information, please contact Natalie on 01895 448329 or office@communitycancercentre.org.uk

Community Cancer Centre (CCC)

Drop In For Information & Support

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