

Free wellbeing workshop for anyone affected by cancer

Has a cancer diagnosis in the last 3 years impacted your emotional wellbeing?

If so, please join us for a free workshop

The free workshop includes:

- Coping strategies and top tips to support you with improving your mental wellbeing
- Understanding emotional reactions to cancer
- Tips for relaxation
- Information stands from across the county
- Opportunity to share your experience of care and emotional support during your cancer journey

You are welcome to bring a relative, carer or friend with you

To book a place, scan the QR code or email thecove@nhs.net



or visit

<https://tinyurl.com/4nuhfdc2>

WHEN:

Thursday 27th March

Choice of either morning or afternoon session

Session 1

09:30 to 12:15

(Arrive 09:00)

12.30

FREE Lunch provided for all morning and afternoon session participants

Session 2

13.00 to 15.45

(Arrive 12:30 for lunch)

WHERE:

Health and Wellbeing
Innovation Centre at
Royal Cornwall Hospital
in Truro, TR1 3LJ

in collaboration with
The Cove Macmillan Support Centre
and The Peninsula Cancer Alliance