

CUH Macmillan Cancer Support Service Health and Wellbeing Event 2019

Are you living with or beyond cancer? Would you like more information about living with side effects and meet other organisations who can help?



**Please join us at The Boardroom
at Addenbrooke's Hospital
in Cambridge!**
FREE car parking available

Please take a look at the February 2019 programme →

For more information and to book yourself a place please contact the Macmillan CUH Support Team on :

macmillaniccp@addenbrookes.nhs.uk or ring
01223 274598

Due to capacity of the venues spaces are limited, we can provide places for you plus one friend/carer/family member. Please let us know if you would like an additional place booked.



After the first break sessions and the organisation market place will be hosted at the Deakin Centre; a short walk from the boardroom. Please let us know if we can arrange additional support.

Time	Programme
9:30 – 9:45	Registration: <i>Tea & coffee – The Addenbrooke's Boardroom</i>
9:45 – 10:00	Welcome
10:00 – 10:30	Keynote: <i>Take Control/Self Supported Management</i>
10:30 – 11:00	The New Normal: <i>your emotional wellbeing – moving forward.</i>
11:00 – 11:30	Break: <i>short walk to the Deakin Centre followed by Tea & Coffee</i>
11:30 – 12:00	Option 1: Living with Fatigue: <i>strategies to help you live your life to the full.</i>
11:30 – 12:00	Option 1: Diet & Nutrition: <i>how to keep yourself healthy after treatment.</i>
12:10 – 12:40	Option 2: Exercise and Cancer: <i>Keeping active after cancer treatment.</i>
12:10 – 12:40	Option 2: Relaxation techniques: <i>reducing stress</i>
12:40 – 13:30	Marketplace <i>Light refreshments</i>



Cambridge University Hospitals

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CANCER SUPPORT**