

# CUH Macmillan Cancer Support Health and Wellbeing Event 2019

**2<sup>nd</sup> February 2019**  
at Addenbrooke's Hospital  
\*FREE car parking available\*

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

**Please take a look at the February 2019 programme:**

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



**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.**

**For more information and to book yourself a place please contact the Macmillan CUH Support Team on: [macmillaniccp@addenbrookes.nhs.uk](mailto:macmillaniccp@addenbrookes.nhs.uk) or ring 01223 274598**

*\*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.\**