



"Helping you live your way"



live your

Are you living with Cancer?

Come and learn new **SELF-MANAGEMENT SKILLS**
to support you.

This course includes:

- Getting a good night's sleep
- Cancer and changes to your body
- Managing daily activities
- Using your mind for relaxation
- Coping with low mood & uncertainty
- And much more

Whatever challenges a cancer diagnosis may bring, we know that looking after your health & wellbeing can improve your quality of life.



This is a **FREE** NHS course and runs for **2½ hours a week for 6 weeks**. It is available for anyone over the age of 18 who has had a diagnosis of cancer.



To find out more and book your place contact
Education Programme for Patients (EPP) on:
01554 899035 or epp.hdd@wales.nhs.uk



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