

New Perspectives

After treatment, cancer can continue to impact on life in many different ways.

This **free short course** is uniquely led by people who are also living with cancer and uses problem solving and action planning techniques to promote a healthy lifestyle, such as healthy eating and managing fatigue as well as addressing issues such as dealing with uncertainty and making decisions.

Who is it for?

People who have had a diagnosis of cancer.

How long is it?

Six 2 ½ hour sessions running over **six consecutive weeks**

What will I get out of it?

The opportunity to learn and share with people who are also living with cancer and to find out ways of managing symptoms and side effects of cancer and its treatment, so helping you to regain your confidence and enjoy a better quality of life.

How do I find out more?

For more information about how to get involved, please contact learning@macmillan.org.uk . Your enquiry will be forwarded to your local Learning and Development team for their attention.

www.macmillan.org.uk/learnzone

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).