

Be Good to Yourself

Are you living with cancer? Would you like some time and space to think about yourself and your own needs and how to make changes that will help you feel better physically and emotionally?

This **free** workshop will show you different ways to look after yourself. It will help you to manage stress and negative thinking and plan ways of living a healthier life that are realistic and enjoyable.

Who is it for?

This workshop is predominately aimed at people who have had a diagnosis of cancer, although carers are welcome too.

How long is it?

1-day workshop

What will I get out of it?

Increased awareness of different coping strategies and knowledge of the ways in which Macmillan can help you and your loved ones.

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).