

## Healthy Eating and Cancer

**When you are living with cancer, or are looking after someone with cancer, eating well is an enjoyable way of taking control and looking after yourself.**

This **free** workshop will help you to learn more about how healthy eating can benefit people like you who are affected by cancer by increasing energy, aiding digestion and boosting the immune system.

### **Who is it for?**

People who have had a diagnosis of cancer and carers.

### **How long is it?**

1-day workshop

### **What will I get out of it?**

An understanding of how eating healthily can be of benefit to you and the opportunity to draw up a basic healthy eating plan, designed with your needs in mind.

### **How do I find out more?**

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

[www.macmillan.org.uk/learnzone](http://www.macmillan.org.uk/learnzone)

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