

## Relaxation and Visualisation

### **Would you like to learn more and experience relaxation and visualisation techniques?**

This **free** workshop will help you discover different ways to relax and relieve stress as well as giving you the opportunity to actively participate in relaxation and/or visualisation sessions.

To make the most of the day, please wear comfortable, loose clothing and bring a cushion and a blanket or towel to lie/sit on.

### **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?**

Knowledge of different methods of relaxation to help manage stress.

### **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).