

Cancer Wellbeing Event

Sponsored by: *Shropshire & Mid Wales Cancer Forum.*

Affected by cancer?

Want to know more about how to improve your **wellbeing**?

A short talk by Dr Marilyn Owens,
Macmillan Consultant Clinical Psychologist on cancer **fatigue**

Odyssey - created to help people regain their self-confidence
and enjoyment of life - talk by Hugo Iffla, Director

Visit the Experts: Benefits team, Support groups,
Look Good Feel Better, Salon10, Macmillan,
Get Active Feel Good and more

Join us at: Wellington Methodist Church,
New Street, Telford TF1 1LU
(free parking Belmont/Tan Bank Car Park TF1 1HJ)

On: **Wed 21st September 2016**

From: **11.00am – 1.00pm**

Free refreshments, including bacon baps and cake, free parking.

Booking is not required but will help for catering purposes if you could
let us know you are coming by emailing cancerforum@hotmail.co.uk

