

“Living life with and after cancer”

Please join us at a series of events aimed at helping you manage your life with a cancer diagnosis effectively and successfully. For patients and their family / carers, these events will include an informative talk followed by an opportunity for informal discussions with local healthcare professionals and other cancer survivors as well as the chance to view a variety of stalls and exhibits.

**Wednesday
6th November 2013**

**“The importance of
exercise, nutrition and
bone health”**

Led by Kim Davies
from the Get Active, Feel
Good project

**Wednesday
20th November 2013**

**“Relationships,
body image and
psychological health”**

Led by Dr Marilyn Owens,
Consultant Clinical
Psychologist

**Wednesday
4th December 2013**

**“Financial planning,
employment and
benefits issues”**

Led by Moray Hayman,
Macmillan Information and
Support Manager

Venue - Shrewsbury Town Football Club (Greenhous Meadow), SY2 6ST
Doors open 6.30pm, talks start 7pm (8.30 finish) Light refreshments to be served

To book your place at any or all of the events, please contact Emma Edwards at Shropshire CCG on 01743 277560 or email Emma.Edwards@shropshireccg.nhs.uk

These events have been organised as a collaboration between: