

**WE'D LIKE TO
INVITE YOU TO...**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

LIVING WITH THE EMOTIONAL IMPACT OF CANCER

**PRACTICAL WAYS TO COPE WITH
YOUR FEELINGS AFTER CANCER**

MONDAY 28TH NOVEMBER 2016

If you have finished your active cancer treatment this day could be for you, it will include:

Opportunities to hear from experts including a clinical psychologist on ways to manage your emotions following cancer treatment

Practical strategies to lift your mood including physical activity, mindfulness, and visualisation

And a small market place with information from stallholders



Venue: Molineux Stadium, Waterloo Road, Wolverhampton.

Free car parking is available at the venue.

Timings: 9.30am-4pm. Lunch and refreshments will be provided.

To book a place: please contact the administration team at

swmidslearning@macmillan.org.uk or call 01904 756 410

We are currently able to offer this event to you at no cost due to the huge generosity of our 1000's of supporters who every year do many things including running marathons and baking cakes to raise funds. We are grateful to every one of these people who enable us to offer you these opportunities.