

**Have you been diagnosed with cancer?**

Do you want to know more about information

and support to help you move on?

We can help you to support your health & wellbeing

and build strength at our

**Cancer Information and Wellbeing sessions**

**Monday 18 March, 3.30 to 5.30, Sheerness**

**Wednesday 1 May, Chattenden**

**Monday 10 June, Sittingbourne**

**Saturday 20 July, Medway Hospital**



**Contact: Macmillan Recovery Package Facilitator**

**Sue Green –** [**medwayft.rpf@nhs.net**](mailto:medwayft.rpf@nhs.net)

**07798 607 801**

**MANAGING FATIGUE**

**WORK & TREATMENT**

**MANAGE YOUR WORRY & ANXIETY**

**LOOKING AFTER FAMILY & FRIENDS**

**ADJUSTING & ADAPTING**

**HEALTHY EATING**

**EXERCISE**