

Cancer Thriving & Surviving Steps to Healthier Living

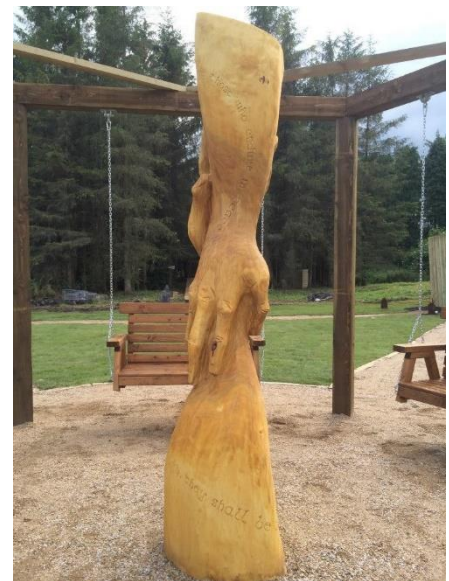
Autumn 2019 Course Thurs 7th Nov

Spring 2020 Course Thurs 27th Feb

(6 Week Course, 2 ½ hours a week)

Workshop aimed to help support people recovering from cancer treatment.

- Techniques to deal with problems such as frustration, fatigue, pain & isolation & poor sleep
- Living with uncertainty
- Exercises for maintaining & improving strength, flexibility & endurance
- Making decisions about treatment and complimentary therapies.
- Communicating effectively with family, friends, & health professionals
- Nutrition & healthy eating



For more information contact us on:

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Call Save: 1850719719

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Course takes place in

Cancer Support Sanctuary LARCC, Multyfarnham, Co Westmeath