

# Take Control

Do you have cancer or a life-limiting illness?



This workshop can help you to overcome the emotional and practical challenges of facing cancer or a life-limiting illness.

Share your experiences and get support from other people in a similar situation.

**SIGN up for a FREE 3 hour workshop**

*You don't have to face it alone*

**[www.st-margarets-hospice.org.uk](http://www.st-margarets-hospice.org.uk)**

**0845 070 8910**

Registered Charity Number: 279473

## Who can attend the workshop?

This workshop is for you if you:

- have or have had a cancer diagnosis

OR

- have a life limiting illness such as: Parkinson's, Multiple Sclerosis, Motor Neurone Disease, Heart, Kidney or Lung Failure

## Topics covered

- What is Self-Management?
- Sleeping, Eating Well and Physical Activity
- Managing Stress and Fatigue
- Facing the Future
- Moving Forward and the benefits of goal setting

## For more information, booking and dates please contact:

**Call:** 0845 070 8910, (option 2)

**Email:** CRC@st-margarets-hospice.org.uk

**Locations:** Yeovil Sunflower Centre, St. Margaret's Hospice, Little Tarrat Lane, Yeovil, BA20 2HU

Taunton Sunflower Centre, St. Margaret's Hospice, Heron Drive, Taunton, TA1 5HA

Supported by:



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*Making each day count*  
**St. Margaret's**  
HOSPICE CARE