

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

0845 070 8910

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

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