

Take Control eHOPE workshop



St Margaret's
Hospice Care

**Do you have cancer or a
life-limiting illness?**

**Do you want to make the most of the good things in
life, rediscover strengths and manage the day-to-day
impact of your condition?**

eHOPE is a free virtual workshop designed to help you with the emotional impacts of cancer or a life limiting illness.

The course may help you to:

- Make the most of the good things in your life
- Experience a variety of self-help techniques
- Get support and share with others going through similar experiences
- Make realistic and achievable plans for lifestyle change

Date: Tuesday 21st July

Time: 10am to 1pm, (3 hours with breaks)

We ask that you are free to commit to the full workshop, have space you can use that is free from distractions, and have access to the internet via a PC or mobile device. To ensure smooth sign in on the day, an individual tutorial is offered ahead of the workshop.

To book or for more information please contact:

Barbara Ruff or Katie Baker via
CRC@st-margarets-hospice.org.uk
01823 333822 / 01935 709480 option 1

In partnership with Macmillan Cancer Care
and Coventry University



St Margaret's Hospice Care

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Registered charity number: 279473

www.st-margarets-hospice.org.uk



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