

FREE

Online Cancer Health & Wellbeing Month

September 2022

Fatigue

Exercise

Emotional Support

Healthy Eating

Join us for our free Online Cancer health & wellbeing workshops for anyone living with and beyond cancer in Leicester, Leicestershire and Rutland.

Sessions available:

- Fatigue Management
- Cooking session
- A touch of HOPE
- Look good feel better
- Dance and Pilates
- Chairbics
- Mindfulness

...and much more

For enquiries call
0116 258 6189 or email
cancerevent@uhl-tr.nhs.uk

Scan QR code or book
through **Eventbrite:**

SCAN ME

