**Health and Wellbeing Event for people affected by cancer**

We would like to invite you to our free **Health and Wellbeing Event.**

at **St Marys Stadium, home of Southampton Football Club,**

**Britannia Road, SO14 5FP, on Thursday, 25th January 2018**

**10am-1pm** (free parking)

**What is the event about?**

* We have designed this morning with the help of people who have had treatment for cancer and will cover issues and topics that they say are most important. These include how to manage the emotional effects of cancer, nutritional guidance, ways and means of taking back control.
* You will be able to discuss some ideas aimed at improving your health and wellbeing, TRY complementary therapies, walk-the-pitch, learn about financial information or support, and what is available locally to you.
* You will have access to experts who can answer your questions.
* You will be given the chance to air and share your own views, concerns and top tips with people in a similar situation.
* This Programme has been put together with the help of the cancer teams at UHS NHS Trust, Macmillan Cancer Support, and Wessex Cancer Trust.

**Please confirm whether you can join us for the day by contacting**

 **Marion Rood, Macmillan Support Worker, email** **marion.rood@uhs.nhs.uk** **or phone 07775691993**

**Please also contact Marion should you have any questions about the day.**

There are limited places for this event. If you are not able to attend, please let us know as soon as possible so that we can pass the place to someone else on the waiting list.