

You are invited!

The Personalised Care Team would love to see you at one of our upcoming Living Well Sessions.

The Living Well Sessions are:

- Free to attend
- For anybody affected by cancer: the person living with cancer, family, friends or anybody else supporting someone living with and beyond cancer
- Available for you to attend as many times as you wish pre, during and post treatment
- Designed to offer support, advice and tips as to how to safely self-manage four topics away from the hospital setting
- Learn about local and national services that you may benefit from
- Provide an opportunity for you to share your experiences and hear from others
- Ask non-clinical questions around the four topics

The Face-to-Face sessions are an all-day event with plenty of breaks and a light lunch that is included as part of the session.

Date/Day	Venue	Time
19th Feb 2025: Wed	Shrewsbury: Shrewsbury Sports Village, SY1 4RQ	10am - 3pm
11th Mar 2025: Tue	Oswestry: Eastern Oswestry Community Centre, Cabin Lane, SY11 2LQ	10am - 3pm

For more information or to book on to a Living Well Session, please contact the Personalised Care Team:

Tel: 01743 492424 or **Email:** sath.lwbc@nhs.net