

Moving On with the HOPE Course

Living With and Beyond Cancer

A programme for people who have completed treatment for cancer

- promotes self-management
- find new ways to take more control
- manage stress and emotional issues
- goal setting and problem solving



Start to make a difference now

To enrol please contact Louise, Michaela or Julie at the Cancer Information Centre or telephone 01473 715748

Programmes run from 10 am – 12.30 pm, once a week for seven weeks, refreshments provided. See overleaf for programme dates.

Key contacts for the programme

Louise Smith, Cancer Information Specialist on **01473 715748**.

Michaela Quinton, Cancer Information Specialist on **01473 715748**.

Julie Finbow, HOPE Facilitator on **01473 715748**.

Topics covered

- Self-managing recovery and goal setting
- Body image
- Physical activity
- Managing fatigue
- Building confidence
- Dealing with stress, worries and fears
- Healthy eating, diet and nutrition

Programme dates for 2012

(Tuesdays from 10 am – 12.30 pm)

January	Starts on 10 January for 4 weeks
February – March	From 7 February to 20 March
May – June	From 1 May to 12 June
July – August	From 3 July to 14 August
September – October	From 4 September to 16 October
November – December	From 6 November to 18 December

More dates to be confirmed