

LIVING WELL WITH CANCER

Thursday 5 April 10:30 - 15:30 2018 ATRIUM



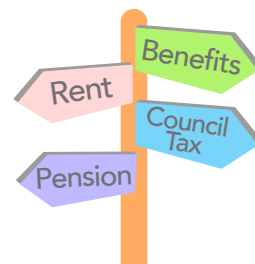
Psychological well-being

Mindfulness workshop



Dietary advice and guidance

Welfare and Benefits



Chair-based exercise workshop

River of Flowers growing health project



+ Complementary therapies & exhibition of local support services

Stay for as little or as long as you like!