

HEALTH AND WELL-BEING

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Health & Wellbeing Events

Events will offer information and support from experts on:

- Diet, physical activity and lifestyle
- The possible long-term effects of treatment
- Fatigue management and emotional support
- Benefits and financial advice
- Access to local support in your area

There will be an opportunity to speak to professionals and meet others who have had a similar experience. Refreshments will be provided.

Events in 2011...

The Beaches Hotel, Prestatyn
Wednesday 26th April
Wednesday 27th September

Clwyd Theatr Cymru, Mold
Wednesday 24th May
Wednesday 25th October

Plas Menai, Caernarfon
Wednesday 21st June
Wednesday 15th November

Time: 10am - 1 pm

To book, phone 01745 445214 or Email:
BCU.healthandwellbeing@wales.nhs.uk