

WE'D LIKE TO INVITE YOU



Health and wellbeing event

Finished your cancer treatment?
What happens next?

MIS12-225-CC

Come along and join us at our health and wellbeing event

Thursday 22 September 2016

10am to 3pm

Dumfries House, Cumnock, KA18 2NJ

We have sessions on:

- Ayrshire Cancer Support;
- mindfulness;
- managing tiredness;
- eating well; and
- exercise.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Spaces are limited. To reserve a place please call Jennifer Logan on a Monday, Wednesday and Thursday on 01563 826025.

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**Working together to achieve the healthiest
life possible for everyone in Ayrshire and Arran**



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