

Ayrshire cancer support Health and wellbeing event



Thursday 22 September 2016

10am to 3pm

Dumfries House, Cumnock, KA18 2NJ

If you have finished your cancer treatment and are wondering what happens next, NHS Ayrshire & Arran and Macmillan Cancer Support are here to help. Come along to the health and wellbeing event to find out more about life after cancer treatment.

10am	Welcome and introduction	Caroline Rennie, Macmillan Cancer Nurse Consultant
10.20am	Coffee and information stands	
11am	Eating well	Irene Peacock Macmillan Project Lead Dietitian
11.30am	Ayrshire cancer support	Anna Griffin Counsellor
12 noon	Lunch	
1pm	Managing tiredness	Nicky Batty Macmillan Practice Development
1.30pm	Mindfulness	Mindfulness Teacher and Facilitator
2.15pm	Exercise is good for you	Linda Chisholm and Kevin Mitchell East Ayrshire Council
2.50pm	Questions and closing remarks	Caroline Rennie

For further information and to reserve your place, contact Jennifer Logan, Monday, Wednesday or Thursday on ☎ 01563 826025.

 Visit our website: www.nhsaaa.net

 All our publications are available in other formats

**WE ARE
MACMILLAN.
CANCER SUPPORT**

