

MACMILLAN
CANCER SUPPORT

NHS
West Hertfordshire
Teaching Hospitals
NHS Trust

TAKE CONTROL

JOIN US FOR A 1/2-DAY WORKSHOP FOCUSING ON THE
PRACTICAL AND EMOTIONAL SKILLS FOR SELF-MANAGEMENT &
COPING STRATEGIES TO MOVE FORWARD

Join us in the Stanborough Centre, 609 St Albans Road,
Watford, WD25 9JL

- Stress and Fatigue Management
- Diet and Exercise
- Relaxation
- Self Management
- Coping Skills to Move Forward

Thursday 13th

February 2025

1pm-4 pm

An opportunity to meet other people going
through similar things as You

To book a place please contact us on 01923 436 326 or email
laura.bailey19@nhs.net