

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

HEALTH *and* WELLBEING

Hosted by West Herts cancer nursing team

JOIN US FOR A FREE HEALTH AND WELLBEING EVENT
SUPPORTING SELF-MANAGEMENT FOR ANYONE THAT HAS BEEN
AFFECTED BY CANCER

STALLS AND TALKS FROM WEST HERTS PROFESSIONALS

- ONCOLOGIST
- PHYSIOTHERAPY AND EXERCISE
- DIETITIAN
- EMOTIONAL WELLBEING
- HAIR LOSS ADVICE AND TREATMENTS
- MASSAGE AND COMPLEMENTARY THERAPY

**Thursday 27th March
2025**

1:30 - 4:30pm



TO BE HELD AT THE
STANBOROUGH CENTRE, 609 ST ALBANS
ROAD WATFORD, WD25 9JL

For further information or to book a place please contact Laura
on 01923 436 326 or email laura.bailey19@nhs.net

