

HEALTH *and* WELLBEING

Join us for a free health and wellbeing event supporting self-management for anyone that has been affected by cancer

Hosted by
West Herts Cancer Nursing Team

Thursday 14th November 2024 1.30-4.30pm

Stanborough Centre, 609 St. Albans Road, Watford, Hertfordshire, WD25 9JL

Stalls and talks from WestHerts professionals

- Emotional well-being
- Hair loss, advice, and treatments
- Massage and complementary therapy
- Oncologist
- Physiotherapy and exercise
- Dietician

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

**An opportunity to
meet other people going
through similar things as you**