

If you or anyone you care about is affected by cancer then you are invited to join us at our:

# Health and Wellbeing Event - Tuesday 8 November 2016

at the Cambridge Cancer Help

Centre, 120 Cambridge Road, Great Shelford, Cambridge CB22 5JT. Contact regarding this event tel: 01223 840105 mob: 07866331782

*maggie's*



**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

## 09:00 – Registration

09:15 Welcome and opening address :  
Edward Sage, Chairman of Trustees,  
Cambridge Cancer Help Centre

## 09:30 – 10.30

Cancer & Lifestyle – The Facts  
Professor Robert Thomas  
Consultant - Oncology & Radiotherapy

## *Refreshments*

## 11:10 – 11:30

Managing Fatigue  
Julie Burkin, Lead Occupational  
Therapy Practitioner

## 11:30 – 12:00

Tansy Bruce, Cancer Rehab – Sports  
Development Officer, Cambs City  
Council

## 12.00 – 12.15

Rebecca Khabiri, Seated Yoga session.  
How yoga offers ways to cope with the  
mental and physical aspects of cancer

## *Refreshments (cake and fruit)*

**Afternoon Programme** (for  
those who wish to stay)

**Taster Sessions 12.30 – 3.00**  
(please sign up during the morning)

Mindfulness – Sue Rae

Complementary Therapies

Nutrition – Jackie Davies



*Market Place until 3.00*

## Age UK Stand

## Carer's Trust Stand

## CPPG (Cancer Patient Partnership Group)

## Macmillan Cancer Support Stand – Macmillan Information Service

## Maggie's Stand

## Benefits Adviser from Maggie's

## Radiotherapy Stand