

The **Cancer Rehab Team**, at the Berkshire Cancer Centre, would like to invite you to attend our virtual *Health & Well-Being Events*.

DATE	TOPIC	PRESENTER
26 th Jan, 2pm	Complementary Therapies & Cancer	My Cancer, My Choices
9 th Feb, 1.30pm	Finance and Cancer	Citizens Advice Bureau
23 rd Feb, 2pm	Cancer & Psychology: Ideas and Tools for Coping with the Impact of Cancer	Clinical Psychologist
9 th March, 2pm	Physical Activity & Cancer	Move More Lead
23 rd March 2pm	Relaxation Techniques	Cancer Rehab Nurses

[dates and topics are subject to change]

Location:

The comfort of your own home via a link which will be forwarded to you by email

Times:

Sessions are held twice a month on Tuesday afternoons at 2pm and last 1hour, including time for questions.



For further information on dates, times or to request a link to these sessions, please contact cancer.rehabilitation@nhs.net

We look forward to welcoming you on the day!