



Oxford University Hospitals



NHS Foundation Trust

Free Health & Wellbeing Event

To support you in living with and beyond cancer

15th June 2016

The King's Centre, Oxford, OX2 0ES

0930-1500

Sessions on;

- Designing your personalised healthy living action plan
- Physical activity for your recovery & long term health
- Practical strategies to support your overall wellbeing
- Meet and talk to Oxfordshire health and wellbeing services

Limited places available

Book before 1st June to secure your place

To book please contact Macmillan Cancer Support:

Telephone 01904 756443

Email: SWMidsLearning@macmillan.org.uk

Event and lunch provided by
Macmillan Cancer Support

**WE ARE
MACMILLAN.
CANCER SUPPORT**