

VIRTUAL WELLBEING EVENT

supporting you to live well after cancer

Thursday 28th January
2pm-3:30pm

This event is for you if you've recently finished treatment or are on active monitoring (watch and wait).

This virtual event will look at:

- Living with and beyond cancer
- An introduction to Help & Care's Self Management Service
- Keeping active with Age UK
- Healthy lifestyle choices with LiveWell Dorset
- Sources of help and support available here in Dorset

Book your

FREE

place now!

To book your place, please visit:

www.activedorset.org/events/2021/01/wellbeing

Enquiries: info@activedorset.org

Active Dorset
Community Interest Company

North, South & West Dorset
ageUK

help&care

LiveWellDorset

NHS
Dorset County Hospital
NHS Foundation Trust