



MDHS
Inspiring Health

Free Cancer Information Sessions 2018

Before, During and After Cancer Treatment
For People Diagnosed with Cancer,
Their Carers, Family & Friends

Fatigue:

Occupational Therapist, talking about ways and strategies to manage cancer related fatigue before and after treatment:

Sessions: 11am-12pm

14th February, 11th April, 13th June, 8th August, 10th October, 12th December

Dental Health:

Specialised dental staff talk about the importance of managing dental health before, during and after treatment:

Sessions: 11am-12pm

14th March, 11th July, 12th September, 14th November

Financial :

Social Worker providing information about financial and practical support before, during and after treatment:

Sessions: 1-2pm

21st February, 11th April, 13th June, 8th August, 10th October, 12th December

Look Good Feel Better:

A free workshop for women offering skincare, headwear and make-up tips to help you face your cancer with confidence:

Sessions: 10am-12.30pm

7th March, 16th May, 15th August, 17th October

For further information, please contact:

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