

Health and Wellbeing

Living With & Beyond Cancer

We are delighted to invite Kingston Hospital patients to attend a half-day workshop focussing on health and wellbeing after cancer treatment.

Topics covered:

- Nutrition and appetite
- Physical activity and cancer
- Looking after yourself
- Local wellbeing offers
- Q&A session
- 'Meet & Greet' with CNS

**Book
Your
Space**



Venue: Ashton Meadows, Coombe Ln West (5 mins from hospital)

Held monthly, from 1 – 4:30pm – refreshments will be provided

Places are limited. Scan the QR code to register online or send an email to secure your place. Please include name and contact details. krft.kingstonpersonalisedcancercare@nhs.net

You are welcome to bring a family member / carer with you (please book a space for each person who would like to attend).

