

COME AND JOIN OUR COURSE

Virtual Thinking Ahead Programme

For People Living with Incurable Cancer and their Families

**15th September to 13th October 2020, with two, one
hour sessions per week over Microsoft Teams.**

**MANAGING
UNCERTAINTY**

**KEEPING
ACTIVE**

**ESTATES
PLANNING**

**BENEFITS
& TRAVEL**



MINDFULNESS

**FAITH &
SPIRITUALITY**

**DIET &
APPETITE**

**MANAGING
FATIGUE**

**SERVICES TO
SUPPORT YOU**

**ADVANCED
CARE
PLANNING**

Please contact Helen, Mandy or Holly in the Macmillan Information Service for more information and to book onto this online course which you can join from the comfort of your own home - 01484 343614 or 01422 222709 or email cancer.information@nhs.net. We will send you an invite to join the course and we can also do a test call with you before the course to check you are all set up with the technology.