

Cancer & Resilience

JOIN US FOR OUR CARE TALKS



**EVERY
THURSDAY**



**11.30AM TO
12.30PM**



**NCCS
LEVEL 11**

No registration required. Walk-ins welcome.
Light refreshments will be provided.

**RELAXATION
STRATEGIES**



**TIRED? TIPS FOR
CANCER-RELATED
FATIGUE**



**CHEMO FOG AND
STRATEGIES TO
IMPROVE THINKING**



**STRATEGIES FOR
BETTER SLEEP**



**MANAGING WORRIES
AND DIFFICULT
FEELINGS**



**YOU ARE NOT ALONE:
BUILDING A SUPPORT
SYSTEM**

