Free cancer event comes to Southampton

Monday 7 January, 2019

A LEADING cancer charity is hosting a free event in Southampton for people with cancer and their close supporters.

Penny Brohn UK's two-day Living Well event takes place at Macmillan Cancer Information and Support Centre in Southampton General Hospital, Tremona Road, on 28 January and 4 February, from 10am to 5.30pm.

The event, run in partnership with Macmillan, addresses cancer's physical and psychological impact and shows how healthy eating, exercise and relaxation can improve health and wellbeing, before, during and after medical treatment.

Penny Brohn UK Living Well regional partnership manager Chris Riley said: ***"Cancer can be overwhelming and a lonely time, but many small things can add up to make a big difference to the way people cope as they prepare for, undergo or recover from treatment.***

"Exercise, healthy eating and learning to manage stress through mindfulness, relaxation and meditation can all be hugely important in helping people manage side effects and build their overall resilience. Living Well helps people take back some control of their lives and gives them the opportunity to share their experiences and knowledge with each other."

An attendee from a recent event added: ***"I highly recommend this to everyone with cancer and those supporting them.***

"If anything, it was more valuable to my husband (I'm the one with cancer) – it gave him the opportunity to talk to others in the same situation."

With over 38 years' experience, Penny Brohn UK recognises that people with cancer need more than medicine.

Its Bristol Whole Life Approach provides integrated whole person cancer support that works alongside medical treatment to achieve the best health and wellbeing.

The approach explores areas such as diet, exercise, relationships and managing stress, through free residential and day events, one-to-one therapies, groups and national helpline.

Living Well events are free and empower people with cancer and their supporters to rediscover their joy of living.

Places are limited and first come, first served.

To book or for more information, call 0303 3000 118, email bookings@pennybrohn.org.uk or visit www.pennybrohn.org.uk/national-living-well-services

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