

# Have you or someone you know been affected by cancer?

Having a cancer diagnosis can be overwhelming but there are many small things that can make a big difference to the way you cope - before, during and after treatment. Things like learning how to eat well and managing stress. Making small changes in these areas of your life can help you to manage the side effects of treatment, improve your energy levels and support your overall wellbeing.

Penny Brohn UK are working in partnership with Solihull Council to provide the following introductory sessions, which are free to anyone living with and beyond cancer and their close supporters.

**Thursday 22 September 2016**

**Introduction to Managing Stress**

**Thursday 20 October 2016**

**Introduction to Eating Well**

The HHHO Birmingham Drop-In Cancer Support Centre, 189 Meadway, Birmingham, B33 8NB between 10.00am and 12.30pm

**Wednesday 5 October 2016**

**Introduction to Eating Well**

**Wednesday 2 November 2016**

**Introduction to Managing Stress**

Bosworth Community Centre, 291 Bosworth Drive, Chelmsley Wood, B37 5DP between 10.00am and 12.30pm

**Saturday 15 October 2016**

**Introduction to Managing Stress**

**Saturday 12 November 2016**

**Introduction to Eating Well**

The Hub, Touchwood Shopping Centre, Homer Road, Solihull B91 3GJ between 10.00am and 12.30pm

**For more information or to book your place:**

**Email:** [bookings@pennybrohn.org.uk](mailto:bookings@pennybrohn.org.uk)

**Phone:** 0303 3000 118