

Are you affected by cancer or supporting someone through it?
Then come and meet the team and join one of our virtual groups. Lots going on!

WEST LANCES MACMILLAN IN MAY

A chance for you to meet others, learn some relaxation skills, get creative or join a quiz all in the comfort of your own home! Ring to register, sit down with a cuppa and enjoy the fun!

(Or just ring to have a quiet chat with one of the team)

WHERE

Your favourite comfortable chair at home with your laptop/ iphone/android/ ipad or tablet and don't forget your brew!

WHEN

You decide, then ring to book and be a part of our compassionate community

WHATS OUR VIRTUAL OFFER MAY 2020?

- ✚ Every Friday : CHAT Friday Support Group, 1st May - Quiz 11am
- ✚ Monday 4th/11th/18th : Mindfulness Techniques for Everyday Living Course
- ✚ Wednesday 6th/13th/20th : Simple Relaxation Techniques Course
- ✚ Friday 15th/22th/29th : Creative Ways to Improve Your Wellbeing Course
- ✚ Wednesday 27th : WOW Group restarts (Women Only Wednesday) 2pm

Ring Caroline or Jodie to register. All welcome

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