

Prostate Cancer Workshop

**Tuesday 24th June, 2025 10am—3pm,
Alexandra Hospital, Redditch B98 7UB**

During the workshop you will :

- **Meet other people Living With and Beyond Prostate Cancer**
- **Learn to self- manage— notice the positives**
- **Learn how to promote a healthy lifestyle (sleep better, get active, feel good and eat well)**
- **Get advice about coping with stress and fatigue**
- **Learn how to face the future and move forward**

The Workshop will be facilitated by Ben Furlow, Macmillan Living With and Beyond Cancer Programme Manager and Clare Williams, Urology Clinical Nurse Specialist

To book a place or find out more please contact Kim Smart on 01562 513273 kim.smart@nhs.net or Ben on 07742 506008 or ben.furlow@nhs.net