

Mindfulness Stress Reduction

Coming to terms with cancer can be difficult. There are few life events that will challenge you more. It is common for people to experience many different feelings. Sometimes these feelings can persist and it can become a struggle to live with them.

An 8 week course has been set up to help patients who are having experiences like this. The course is a way of doing something for yourself that no one else can do for you. It will challenge you, but we hope it will help you reclaim your life.

The course is run by the NHSG Psycho-Oncology Service.

*For more information,
ask your nurse for a
leaflet or phone the
service secretary on
(01224) 557080*

