



‘Living Well’

- a support and education programme for those recovering from, or coping with cancer

**A free 5 week programme
(one day each week)**

This exciting programme is for anyone who has been treated with cancer, for those in remission and for those who are living with their cancer. The programme is also for partners and support people who are invited to join a programme that helps support them too.

- ◆ Increase your knowledge
- ◆ Improve your coping skills
- ◆ Discuss many issues to do with cancer;
including nutrition, communication, emotions &
looking after yourself
- ◆ Enjoy the support and friendship of others

The Living Well programme is held several times a year and is available in both North and South Taranaki. Contact the Taranaki Centre to find out when the next programme is scheduled - 06 757 3006

To enrol or register in the next programme:

Phone: Tania Gecse – 06-757-3006

Email: tania@taranakicancersociety.org.nz