

## **NEWS RELEASE**

**Monday, 2 September, 2019**

For immediate release

### **Health and Wellbeing Event for people affected by cancer**

Diet, exercise, mindfulness and fatigue support are among some of the subjects which will be tackled during a free health and wellbeing event for people affected by cancer.

People who are living with and beyond cancer are welcome to attend the free event on Monday, 7 October, in The Kings' Centre, Wellesley Street, King's Lynn. The event will provide an opportunity to share experiences and get advice on practical issues such as money, benefits and work etc.

The Macmillan Information and Support Service, based at The Queen Elizabeth Hospital, has organised this event to provide support and advice to anyone who has been affected by cancer. Vicky Mitchell, Macmillan Information & Support Manager said 'Anyone affected by cancer can access a wide range of support, information and advice at this event, we look forward to seeing you there.'

Healthy eating, physical activity, fatigue support and advice on how to maintain your wellbeing are among the topics being discussed on the day.

Cancer Nurse Specialists along with welfare teams and Macmillan representatives will also be present at the drop-in event, which runs from 9.30am to 1pm. Members of local support groups will be attending and other services who can provide help will be represented.

Free onsite parking is available and refreshments will be served.

For more information contact the Macmillan Information and Support Team on 01553 613985 or email: [miss@qehkl.nhs.uk](mailto:miss@qehkl.nhs.uk)

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FOR FURTHER INFORMATION:  
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