

## OLDHAM Wellbeing and Support Group

- Have you or anyone close to you been affected by cancer?
- Would you like to meet other people in similar circumstances?
- Would you like to receive information and support?

Can-Survive UK welcomes you to their culturally appropriate Wellbeing and Support Group. We offer a safe and confidential space in which you can meet other people, share experiences and take part in a range of free wellbeing and therapeutic activities.

Venue: Primrose Community Centre 9 Magnolia Gardens Oldham

Oldham OL8 1HX

Day/Time: Weds, 12.30pm to 2.30pm

Dates for 2023:

Weds 12th July

Weds 9th August

Weds 13th September

Weds 11th October

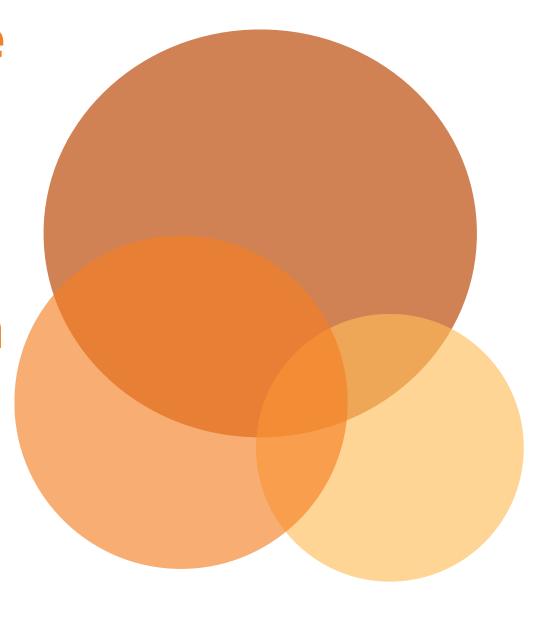
Weds 8th November

Weds 13th December

For further information contact:

email: supportgroupoldham@can-survive.org.uk

mobile: 07534 414789





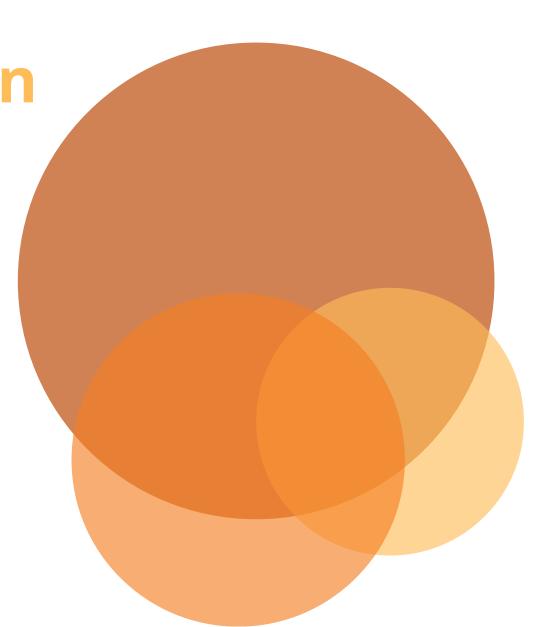


## OLDHAM

A range of wellbeing and therapeutic activities and workshops for people diagnosed, living with, after or caring for a loved one with cancer.

Relaxation and Meditation

- Talking Therapy
- Exercise and Stretching
- Art Therapy
- Craftwork
- Diet and Nutrition
- Personal Development



## ...and much more!

Come along, meet new people and socialise.

Reasonable travel expenses paid. Light refreshments provided.

