



JUST A CLICK AWAY

Living with or after a cancer diagnosis?
**Do you want to enhance your resilience,
rediscover strengths and increase your
ability to cope?**



Join our online self-management programme called iHOPE. The programme focuses on topics including:

Smarter goal setting, priorities and values, managing stress, coping with fatigue, living positively with fears for the future, finding things to be thankful for, character strengths, eating well, physical activity

**Start dates: 8th March, 19th April, 31st May, 6th September
and 25th October 2021**

The course lasts 6 weeks. We ask that you commit a minimum of 2 hours per week, at a time to suit you, and have access to the internet via smartphone, tablet or PC.

Please click on [this link](#) to register your interest

**MACMILLAN
CANCER SUPPORT**

In partnership with

