

# Media information for immediate use



## Health and wellbeing events

NHS Ayrshire & Arran has joined Ayrshire Cancer Support to provide a number of health and wellbeing events for people who have experienced cancer.

The events are open to people who have finished their cancer treatment within the past year. They will provide advice on how to manage nutrition, how to live an active and healthy lifestyle as well as provide support on how to deal with other issues and signpost to information services.

| <b>Date</b>               | <b>Time</b> | <b>Venue</b>                                                   |
|---------------------------|-------------|----------------------------------------------------------------|
| Wednesday 16 August 2017  | 10am – 1pm  | Ayrshire Cancer Support, 22 Wellington Square, Ayr, KA7 1EZ    |
| Thursday 26 October 2017  | 1pm – 4pm   | Ayrshire Cancer Support, 5 Dundonald Road, Kilmarnock, KA1 1EQ |
| Wednesday 24 January 2018 | 10am – 1pm  | Ayrshire Cancer Support, 22 Wellington Square, Ayr, KA7 1EZ    |
| Thursday 22 March 2018    | 10am – 1pm  | Ayrshire Cancer Support, 5 Dundonald Road, Kilmarnock, KA1 1EQ |

The events have limited space, please call Ayrshire Cancer Support on 01563 538008 to reserve a place.

Ends

**Date of release: Thursday 27 July 2017**

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