



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: 21st September and 19th October

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

