



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 computer.

Sign-up:

<https://bit.ly/MAC-HOPE-2021>

**MACMILLAN
CANCER SUPPORT**

In partnership with

