

Haven Introduction Day

Led by Anne Grey a Senior Therapist with over 15 years experience in therapeutic practice, this essential day gives you the opportunity to learn what Breast Cancer Haven can offer and to meet others going through a similar experience. You are very welcome to bring a family member or friend with you.

This full day from 10am to 4pm includes:

- Welcome and introductions to the group
- Helping yourself through meditation and relaxation
- Discussion group for family and friends
- Talk and discussion on nutrition
- Overview of The Haven Programme with Debra Horsman, Haven Programme Manager
- Creating a healthy environment
- Exploring the value of relaxation and breathing

Tuesday 9 December

Please book at reception or by telephone 0113 284 7829