

BREATHLESSNESS

A Talk on

by
Dr. Peter Mackereth
21st November 2017

11am—12:15

There may be plenty of reasons. At the time we forget, ignore, avoid ways recognise the symptoms or ways to ease the challenges.

Peter will demonstrate the links and introduce ways that **RELAXATION** helps.



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OUR AIM

- ◆ We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- ◆ We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- ◆ We also welcome family, friends and carers who are supporting them; we recognise that they too may need support.