



Guided by

*Ann Carter,
Co- Author of the
'HEARTS' Process*

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16th July 2019

at

11:00am—12:15pm

Anxiety, which is also grief, will ease away with a caring and soothing touch.

A therapy which we can all do to demonstrate care through touch.



BOOK YOUR PLACE
Tel. No.: 07981 899526
Email: macchelp@googlemail.com

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.