

## Health Psychology Information Session

### 'Managing thinking and memory difficulties after cancer'

Do you have... memory difficulties?

Difficulties concentrating? Problems planning?

Would you like to learn some simple tips for dealing with these difficulties?

**Who is the session for?** Anyone who has been affected by cancer (18 years and over)

**Who will deliver the session?** Registered Clinical Psychologist, Dr Jo Hall

**When will the session be held?** On a Friday morning in the Macmillan Information and Support Centre

**How do I book a place?** To find out more about the session or to book a place ring the Health Psychology Service on 01246 515 520

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