



# Take Control

## Moving forward with HOPE

If you have or have had a cancer diagnosis the HOPE (Help Overcoming Problems Effectively) programme can help you set positive goals for your future.

Supported by two trained HOPE facilitators it's a great opportunity to meet others who have had a cancer diagnosis and explore together proactive ways of taking control of your health and wellbeing.

The Programme will run for one day

Where: Valley Leisure Centre, Church Road, Newtownabbey BT36 7LJ

When: Friday 16 June 2017, 10.00 am – 4.00pm

How do I sign up or get more information?

Tel no: 02890 708610 or Email: [nilearning@macmillan.org.uk](mailto:nilearning@macmillan.org.uk)