**You are warmly invited to a**

**Bowel Cancer Health and Well-being Event**

**Wednesday 3 February 2016, between 13:00pm – 16:00pm**

Designed for patients who have received treatment for bowel cancer, this event will provide you with information on how to manage any ongoing health issues and how to make lifestyle choices to help you move forward.

The event will provide you with a range of health and well-being advice from expert healthcare professionals from across the NHS including:

* Overview of colorectal cancer
* Physical activity and diet
* Anxiety and self-management
* Stoma care
* Peripheral neuropathy
* Sexual function
* Managing change in bowel habit
* Exercise therapy

There will be a tea/coffee break where you will have the opportunity to talk to health professionals and other attendees. You will also have time to browse a range of information and advice stands.

You are welcome to bring a family member or a friend who may find the supportive information useful.

The free event will be held at the Royal College of Nursing, 20 Cavendish Square, London W1G 0RN

Please RSVP by Friday 8 January 2016 to …………. on…………………………