



Borders
Macmillan
Centre

**WE ARE
MACMILLAN.**
CANCER SUPPORT



TRANSFORMING
YOUR
CANCER CARE

info + support for people
after cancer treatment

MOVING

Education sessions to help you to...

- make lifestyle changes in stress, diet & exercise
- adjust to living with uncertainty
- take a fresh look at relationships and lifestyle.

As well as market stalls for local services to browse and chat to.

12th NOVEMBER 2014

11th FEBRUARY 2015

13th MAY 2015

HAWICK RUGBY CLUB

WEDNESDAYS

10am - 12.30pm

- To book a space, contact the cancer information & support service (ciSS) at the macmillan centre:

01896 826835

e: kirsty.wallace@borders.scot.nhs.uk



Borders Macmillan Centre | Borders General Hospital | Melrose TD6 9BS