

Health and Wellbeing Event

Wednesday 16th December, 10:00am - 12:30pm (via Zoom)

Guest speakers will be delivering sessions on:



Wake and Shake (PA)



Finance and Benefits



Healthy eating



Active Recovery



Late Effects of Radiotherapy



After the treatment finishes then what?

Sign up on derbycountycommunitytrust.com/active-recovery



University Hospitals of
Derby and Burton

NHS Foundation Trust



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