

## BREAST CANCER NOW MOVING FORWARD COURSE – INVERCLYDE

It's not always 'back to normal' when you finish hospital treatment for primary breast cancer. The shock of a diagnosis, treatment and side effects, and worries about recurrence can make it difficult to readjust to the everyday.

Moving Forward is a course for anyone approaching the end of their hospital-based treatment for primary breast cancer.

You'll be able to connect with people who understand, through supportive, open conversations in a safe and confidential space. You'll get the tools you need to feel more empowered, confident and in control. Ready to move forward with your life.

The course will run on:  
**TUESDAYS 14 AND 21 MAY 2024**

Inverclyde Royal Hospital site  
From: 10.00am – 1.30pm both dates

**Course is free but booking essential – to book your place:**

**Visit**

**<http://tinyurl.com/MFCInverclyde2024>**

**call us on 0345 077 1893 or**

**email [movingforward@breastcancernow.org](mailto:movingforward@breastcancernow.org)**