Post Cancer Ladies

Ease Menopause Symptom Support

Drop in Sessions

NHS
Living with & Beyond Cancer Team

You are not alone. We are here to support you.

Wellness walk, dietetic nutritional advice and exercises to help you feel your best.

A *confidential* environment to meet others, share and support each other.

JOIN US FOR OUR DROP IN SESSIONS

- Tuesday **22/09/2026** Eat to ease the symptoms
- Tuesday **16/11/2025** Movement magic
- Tuesday **14/12/2026** Wellness a holistic approach
- Tuesday **18/01/2026** New year new you

TIME: 10:30 til 2pm

- WELLNESS WALK
- DIETETIC NUTRITIONAL ADVICE
- EXERCISES TO SUPPORT YOU
- MEET OTHERS AND SHARE EXPERIENCES

National Trust

At Killerton House, National Trust, Exeter

Take time for you. Feel better. Live better.

No need to book, just drop in. ♥ All ladies post cancer welcome. ♥ Confidential and supportive.