

You've Finished Cancer Treatment. What's Next?

Life after Cancer offers free support, helpful tools and an understanding community for life after treatment, including:

- Expert Sessions
- Support Groups
- Wellbeing Walks
- 6 Week Programme
- Coaching Workshops
- WhatsApp Community

**You don't have to face
life after cancer alone.**

Book a free session:

[Life-aftercancer.co.uk/events](https://life-aftercancer.co.uk/events)

Hello@life-aftercancer.co.uk

Instagram: [@Life_aftercancer](https://www.instagram.com/Life_aftercancer)

07772 257465

Scan the QR code
to see all events



92% of our community say life after cancer is harder than treatment.

You're not alone if you're finding this part tough.

Connect with others who've had cancer through free expert sessions, peer groups, coaching workshops, and our 6 week programme. All led by trained coaches with personal cancer experience or experts in their field.

We can help with the challenges many face after treatment – from fear of recurrence and identity shifts to brain fog, relationship changes, and figuring out what matters now.

You don't have to do this on your own.

Join us online or in person, sign up for free support at **[Life-aftercancer.co.uk/events](https://life-aftercancer.co.uk/events)**



"I thought I was alone in how I was struggling post cancer treatment, but this group opened my eyes and made me realise I'm normal."

– Participant, Life after Cancer Programme

"Life after Cancer is a beacon of hope, offering vital support during times of vulnerability. It's an essential service in our community."

– Dr Bailey, GP



MAYOR OF LONDON

