

Live your Life: Living with and beyond lymphoma

10.00am – 4.00pm

Programme Content

10.00 Start	<ul style="list-style-type: none"> • Welcome • About Lymphoma Action • About the facilitator • Agenda • Housekeeping • Introductions
Module 1: Being Prudent; Staying Vigilant: Lymphoma, Recurrence and What to Look Out For	<ul style="list-style-type: none"> • About Lymphoma & its symptoms • How to self-check • When to consult a GP or specialist • Where to find out more
Break	
Module 2: Coping with the Emotional Aspects	<ul style="list-style-type: none"> • Discussing the emotions experienced since diagnosis • What are some of the emotional challenges of having lymphoma & treatment? • How humans deal with bad news: the science of change • What makes you feel better? Coping mechanisms & mindfulness • Where to find out more
Lunch	
Module 3: Exercise, Staying Active and Coping with the Effects of Treatment	<ul style="list-style-type: none"> • Why exercise is important • Different ways to stay active after Lymphoma • Where to find out more
Break	
Module 4: Diet and Nutrition	<ul style="list-style-type: none"> • Why a healthy diet is important • How to eat well and get the right balance of foods in your diet: the guidelines • Where to find out more
Module 5: The Practical Aspects: Signposting session	<ul style="list-style-type: none"> • Where to go for further help and support on issues such as finance & benefits, returning to work/ studies, travelling with lymphoma, sex & relationships, body image, etc.
4.00	Close