

## Live your Life: Living with and beyond lymphoma

### Programme Content

9.30am – 4.00pm

Welcome refreshments served from 9.30am. Workshop starts promptly at 10am.

<b>9.30am</b>	<ul style="list-style-type: none"> <li>• Refreshments and survey completion</li> </ul>
<b>10.00am Start</b>	<ul style="list-style-type: none"> <li>• Welcome</li> <li>• About Lymphoma Action</li> <li>• About the facilitator</li> <li>• Agenda</li> <li>• Housekeeping</li> <li>• Introductions</li> </ul>
<b>Module 1: Being Prudent; Staying Vigilant: Lymphoma, Recurrence and What to Look Out For</b>	<ul style="list-style-type: none"> <li>• About Lymphoma &amp; its symptoms</li> <li>• How to self-check</li> <li>• When to consult a GP or specialist</li> <li>• Where to find out more</li> </ul>
<b>Break</b>	
<b>Module 2: Coping with the Emotional Aspects</b>	<ul style="list-style-type: none"> <li>• Discussing the emotions experienced since diagnosis</li> <li>• What are some of the emotional challenges of having lymphoma &amp; treatment?</li> <li>• How humans deal with bad news: the science of change</li> <li>• What makes you feel better? Coping mechanisms &amp; mindfulness</li> <li>• Where to find out more</li> </ul>
<b>Lunch</b>	
<b>Module 3: Exercise, Staying Active and Coping with the Effects of Treatment</b>	<ul style="list-style-type: none"> <li>• Why exercise is important</li> <li>• Different ways to stay active after Lymphoma</li> <li>• Where to find out more</li> </ul>
<b>Break</b>	
<b>Module 4: Diet and Nutrition</b>	<ul style="list-style-type: none"> <li>• Why a healthy diet is important</li> <li>• How to eat well and get the right balance of foods in your diet: the guidelines</li> <li>• Where to find out more</li> </ul>
<b>Module 5: The Practical Aspects: Signposting session</b>	<ul style="list-style-type: none"> <li>• Where to go for further help and support on issues such as finance &amp; benefits, returning to work/ studies, travelling with lymphoma, sex &amp; relationships, body image, etc.</li> </ul>
<b>4.00pm</b>	<b>Closing remarks</b>