



# 8 POSITIVE STEPS TO WELLBEING

FREE pop-in sessions to support you through a life-limiting illness, by experts at Earl Mountbatten Hospice



**FEB -  
MARCH  
2017**



**Earl Mountbatten Hospice**  
35 years of serving the Isle of Wight

Halberry Lane, Newport PO30 2ER  
[www.iwhospice.org](http://www.iwhospice.org)



TO BOOK, PLEASE CONTACT CHRIS MARTIN ON (01983) 217304



## **EATING WELL**

Wednesday 1  
February 2017



## **PROTECTING YOUR SKIN**

Wednesday 8  
March 2017



## **LIVING WITH FATIGUE**

Wednesday 8  
February 2017



## **RELAXATION**

Wednesday 15  
March 2017



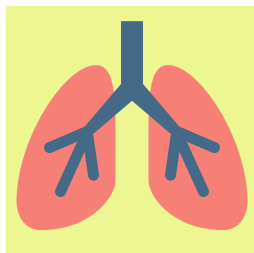
## **ENCOURAGING EXERCISE**

Wednesday 15  
February 2017



## **FINANCIAL HELP**

Wednesday 29  
March 2017



## **COPING WITH BEING BREATHLESS**

Wednesday 1  
March 2017



## **HOW TO COPE**

Wednesday 5  
April 2017

Our Positive Steps to Wellbeing sessions are aimed at supporting adults with a life-limiting illness. You are invited to attend one or more sessions, which offer information and support to help you and your carers, family and friends to support you in managing your illness. Sessions are from 1 pm – 2 pm and are held in the John Cheverton Centre, Earl Mountbatten Hospice

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