

MOVING FORWARD™

Helping you adjust to life beyond
primary breast cancer treatment



**BREAST
CANCER
NOW**

WE'RE HERE

Free primary breast cancer support

We know it's not 'back to normal' after breast cancer treatment.

The lingering side effects. The fear of it coming back. Those nagging worries that keep you up at night. Everyone expecting you to be the same as you were. To move on.

We get it. And we're here to help. With **Moving Forward™**, you'll meet other people who've been through it, who understand. And you'll get the tools to help you feel in control. So you can move forward with your life.

Moving Forward takes place over 2 half days on consecutive weeks, and you can join in person or online.

We keep groups small – up to 15 people. Each course has an expert facilitator, trained volunteers and a Q&A session with a healthcare professional. You'll also get a course journal and access to our online information hub.

“It was such a great experience to chat to similar people, ask questions and know you're not alone. It really brought out a lot of emotion and feelings I'd probably been holding in through treatment. It made me feel comfortable and confident about life post-breast cancer and generally getting used to normal life again.”

Jo, who attended **Moving Forward**



Week 1: Looking back to move forward

You'll share anything you're worried about. And explore what you need to start moving on.

Week 2: What's important to you?

You'll find the tools and resources that will be most useful for you and your life beyond primary breast cancer.

This session includes a Q&A with a healthcare professional.



Information hub and journal

You can access our online information hub for expert information on topics like:

- Adjusting to life after a breast cancer diagnosis
- Diet and activity
- Sex and intimacy
- Breast awareness

You'll also get a copy of our **Moving Forward** journal. It's yours to make notes in and explore different tools and resources.

Worried about the cost of travel?

Our services are free. But if you're worried about travel costs, we can help.

Email us at accessfund@breastcancer.org or call **0345 077 1893**.

Find a course near you or register for an online course

 breastcancer.org/movingforward

 **0800 448 0822**

 movingforward@breastcancer.org

 Scan the QR code opposite



**BREAST
CANCER
NOW**

We're the UK's leading breast cancer charity. And we're here with free, life-changing breast cancer support now. Whatever you're going through. However you need it. So you never have to face breast cancer alone.

Worried and confused about breast cancer or breast health? Need answers you can trust? Whatever's on your mind, our expert nurses are here.

Just call our free helpline on **0808 800 6000**.

Breast Cancer Now

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