

# MOVING FORWARD

Giving you the tools to help you adjust to life beyond primary breast cancer treatment.



To find out more and to register to join a course, scan the QR code with your mobile:



**BREAST  
CANCER  
NOW** The research & support charity

**We know it's not always 'back to normal' when you finish hospital treatment for primary breast cancer. Coping with the shock of a diagnosis, treatment and side effects, and worries about recurrence can make it difficult to readjust to the everyday.**

That's why Moving Forward is here. Through supportive, open conversations in a safe, confidential space, you'll connect with people who understand. And you'll find the tools you need to feel more empowered, confident and in control. Ready to move forward with your life.

Our Moving Forward courses run over two half-day sessions on consecutive weeks. Groups are kept small, with no more than 12–15 people attending. Each course has a Q&A session with one of our healthcare professionals, an expert facilitator, as well as our trained volunteers. Moving Forward is supported by our Journal and online platform which means you can find the answers to the questions that are important to you.

You can attend Moving Forward either at our face-to-face or online courses. Find a course near you or register for an online course at **[breastcancernow.org/movingforward](https://breastcancernow.org/movingforward)** call us on **0345 077 1893** or email **[movingforward@breastcancernow.org](mailto:movingforward@breastcancernow.org)**

**Everyone affected by breast cancer can turn to us for support.**

Whoever you are, and whatever your experience of breast cancer, our free services are always here for you. Whether you're dealing with a diagnosis, managing side effects, working out life with or beyond treatment – or someone you love is.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit **[breastcancernow.org](https://breastcancernow.org)**