

## CANCER AWARENESS

### INCREASE RESILIENCE AND IMPROVE RECOVERY

**Duration:** Half Day (including breaks)

**Participants:** 15-20 max

#### Background:

In the UK, one in three people will develop cancer at some point in their lives. Every year, over 285,000 people are diagnosed with the disease, about the population of a city like Nottingham or Belfast. These figures demonstrate the profound effect cancer is having on our communities, businesses and families. Not only are the victims of cancer affected by the devastating effects, but their carers and loved ones suffer enormously too. Scientific research tells us that our risk actually depends on a combination of not only genes, but environment and lifestyle habits. Experts estimate that up to half of these cases could be prevented by lifestyle changes.

#### Course Overview:

In Cancer Awareness – Increase Resilience and Improve Recovery you will develop an understanding of why some types of lifestyle habits put you at increased risk of cancer. Learn how to adopt some new, but easy and practical habits that will reap huge benefits in building a robust foundation for resilience or recovery. Learn how some foods make cancer cells ‘commit suicide’ and how a cup of tea can protect you!

#### Course Benefits:

By the end of Cancer Awareness – Increase Resilience and Improve Recovery you will be able to:

- Identify specific foods which may significantly lower certain types of cancer risk
- Recognise the enormous advantage of maintaining a healthy weight
- Design a healthy eating plan that supports general wellbeing, resilience and recovery to cancer
- Understand why any type of tobacco puts you on a collision course with cancer
- Build an enjoyable exercise regime that will build strength and stamina
- Appreciate the immeasurable benefit from early self examinations and professional screening
- Locate reliable and supportive resources to help improve resilience and recovery to cancer