



## Live your Life: living with and beyond lymphoma Programme

9.30am Access Zoom link	<ul style="list-style-type: none"> <li>• Zoom room open. Greeting others, settling in.</li> </ul>
10am Start	<ul style="list-style-type: none"> <li>• Welcome</li> <li>• About Lymphoma Action</li> <li>• About your facilitator</li> <li>• Programme</li> <li>• Housekeeping for today</li> <li>• Introductions around the group</li> </ul>
Module 1: being prudent, staying vigilant	<ul style="list-style-type: none"> <li>• About lymphoma and symptoms</li> <li>• How to check your nodes</li> <li>• When to consult your GP or specialist</li> <li>• <i>Where to find out more</i></li> </ul>
<i>Break</i>	
Module 2: coping with the emotional aspects of lymphoma	<ul style="list-style-type: none"> <li>• Your emotions since your diagnosis</li> <li>• Some of the emotional challenges of having lymphoma and treatment</li> <li>• How we deal with bad news: the science of change</li> <li>• What makes you feel better?</li> <li>• Coping strategies and mindfulness</li> <li>• <i>Where to find out more</i></li> </ul>
<i>Lunch</i>	
Module 3: exercise, staying active and coping with the effects of treatment	<ul style="list-style-type: none"> <li>• Why exercise is important</li> <li>• Ways to stay active with and after lymphoma</li> <li>• <i>Where to find out more</i></li> </ul>
<i>Break</i>	
Module 4: diet and nutrition	<ul style="list-style-type: none"> <li>• Why a healthy diet is important</li> <li>• Guidelines for eating well and a balanced diet</li> <li>• <i>Where to find out more</i></li> </ul>
Module 5: the practical aspects (a signposting session)	<ul style="list-style-type: none"> <li>• Where to go for:               <ul style="list-style-type: none"> <li>finance and benefits</li> <li>returning to work or study</li> <li>travel and leisure</li> <li>sex and relationships</li> <li>your body image</li> </ul> </li> </ul>
3pm Ends	