



Live your Life: living with and beyond lymphoma Programme

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