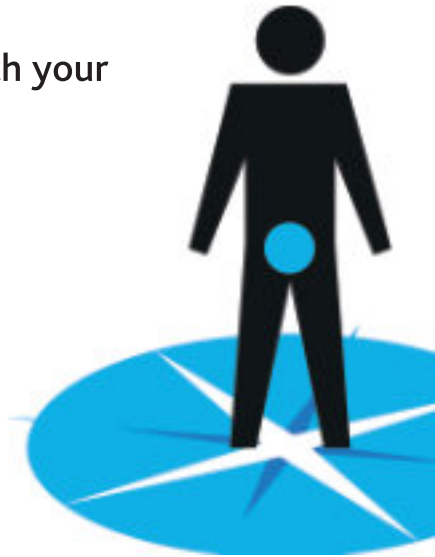


Prostate cancer?

Join a Living Well with Prostate Cancer course
Free 6-week course | expert support | practical advice

- Hear from experts how to deal with your prostate cancer
- Meet others in a similar situation



For more information or to join the next course, contact your local Maggie's centre:

Maggie's	Telephone	Email
Aberdeen	01224 645928	aberdeen@maggiescentres.org
Dundee	01382 632999	dundee@maggies.org
Edinburgh	0131 537 3131	edinburgh@maggies.org
Fife	01592 647997	fife@maggies.org
Forth Valley	01324 868069	forthvalley@maggies.org
Glasgow	0141 357 2269	glasgow@maggies.org
Highlands	01463 382900	highlands@maggies.org
Lanarkshire	01236 771199	lanarkshire@maggies.org



Living Well with Prostate Cancer is a course for men affected by prostate cancer

What the course will cover

Having prostate cancer can change your life. We've teamed up with Maggie's to make sure there is help available when you need it most.

Our Living Well with Prostate Cancer course is free and runs for six consecutive weeks, each session being around an hour and a half.

Week 1 - Introductions and dealing with fatigue

Week 2 - Managing urinary problems

Week 3 - Understanding the side-effects of prostate cancer treatments

Week 4 - Exploring erectile dysfunction and relationships

Week 5 - Eating well

Week 6 - Keeping up the momentum and looking ahead

Week 7 - Catching up

Further support

Each week we summarise the topic covered and signpost you to further information and support. Guest speakers may also join sessions to share their expertise on a range of topics, such as sexual wellbeing and nutrition.

Over 500 men have now completed the Living Well with Prostate Cancer course across Scotland and they have all said they would recommend to others.

I am not alone and no matter what comes next, help and guidance will be available to me and my family



About Prostate Scotland

Prostate Scotland provides information, advice and support for people affected by prostate cancer and disease across Scotland.



About Maggie's

Maggie's offers free expert care and support in Centres across the UK and online for people affected by cancer.

Find out more at prostatescotland.org.uk or call 0131 603 8660.