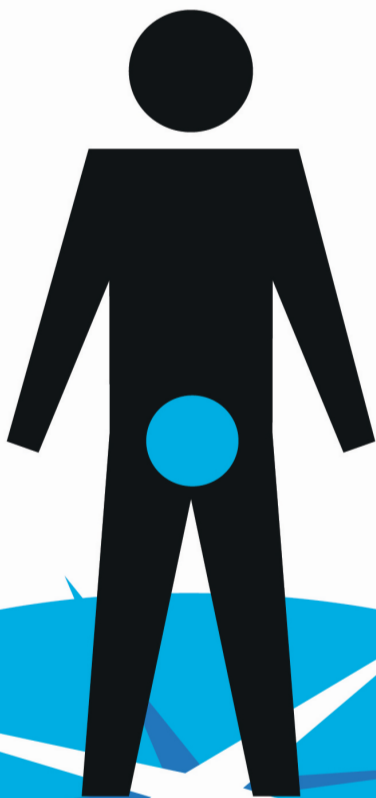


Prostate cancer?

Join a Living Well with Prostate Cancer Course

Hear from experts about staying well and managing your side effects.

Meet others and pick up tips to reduce the impact on your life.



Finding out you have prostate cancer, or living with prostate cancer can change your life. Prostate Scotland and Ayrshire Cancer Support have teamed up to make sure there is help available when you need it most.

Join a Living Well with Prostate Cancer Course

The course has been specifically designed for men undergoing treatment for prostate cancer or when treatment has finished.

We take a look at side effects and how to minimise them, the practicalities of having prostate cancer and what you can do to live well. We also touch on the impact on finances and relationships along with many other topics!

You'll meet others in a similar situation and hear from the experts. The course runs over 7 weeks for 1.5 hours and will take place at Ayrshire Cancer Support, 5 Dundonald Road, Kilmarnock, KA1 1EQ.

Take a look at:

prostatescotland.org.uk/help-and-support-for-you

Just call or email us to join our next course.

Phone: 01563 538008

Email: admin@ayrshirecs.org

Find out more: prostatescotland.org.uk/help-and-support-for-you

This course is part of Prostate Scotland's COMPASS project which aims to help men across Scotland navigate prostate cancer and disease through a range of support and wellbeing services.

Find out more about Prostate Scotland and the help and support we offer at prostatescotland.org.uk or phone 0131 603 8660.

