

Hello Patient

Moving Forward

On behalf of your breast care team, Breast Cancer Now would like to invite you to attend a Moving Forward course as part of your follow up treatment for breast cancer.

We know it's not always 'back to normal' when you finish hospital treatment for primary breast cancer. Coping with the shock of a diagnosis, treatment and side effects, and worries about recurrence can make it difficult to readjust to the everyday.

That's why Moving Forward is here. Through supportive, open conversations in a safe, confidential space, you'll connect with people who understand. And you'll find the tools you need to feel more empowered, confident and in control. Ready to move forward with your life.

You can attend Moving Forward either at our face-to-face course that runs over two half-day sessions, or take part at your own pace by joining our online course that runs over four weeks.

If you're working, your employer should be able to give you the time off to attend Moving Forward, as it's considered part of your treatment. However, please get in touch with us if you're experiencing any difficulties with this.

To register your interest in Moving Forward, please call us on **0345 077 1893** or email movingforward@breastcancernow.org with your contact details and the course (including location) that you'd like to attend.

Yours sincerely,

Services Development Team
Breast Cancer Now

Your medical team has kindly arranged to forward this invitation to you. Please be assured your details have not been passed to Breast Cancer Now or anywhere else. Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (SC045584) and Isle of Man (1200)

Formed by the merger of



Breast Cancer Now is a company, limited by guarantee registered in England (09347608) and a charity registered in England and Wales (1160558), Scotland (SC045584) and the Isle of Man (1200). Registered Office: Fifth Floor, Ilex House, 42-47 Minories, London EC2N 1DY.

