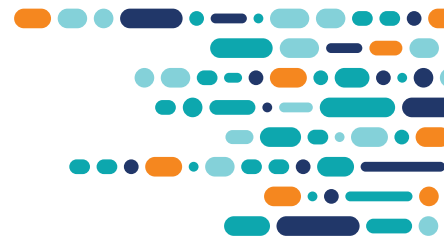




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Prostate Cancer Research brings you

LIVING WELL WITH PROSTATE CANCER - A ZOOM WEBINAR SERIES

in collaboration with Tackle Prostate Cancer

From Aug 4, 2021 - Jan 10, 2022 we are bringing you a number of video webinars, hosted on Zoom, covering a diverse range of topics. The theme of each month is as follows:

August

A Whole Life Approach

September

Nutrition and Prostate Cancer

October

The NHS and Your Care

November

The Future of Treatment

December

Looking and Feeling Great

January

Supporting Others

Each webinar will last between 1-2 hours, will include a presentation by an expert(s) on the topic and include an opportunity for Q&A at the end.

Attendance is completely **FREE**.

To find out more information and to sign up please click **HERE**.

Places are limited and allocated on a first-come first-served basis so please signup soon to avoid disappointment!

REGISTER NOW

This series is supported by a grant from



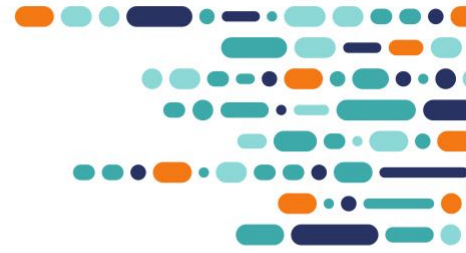
THE
CHILDWICK
TRUST



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Join us for our webinars on A Whole Life Approach

- Aug 4th, 11:30am-12:45pm – Building Resilience
- Aug 11th, 11:30am-12:45pm – Prostate Cancer and the Benefits of Physical Activity
- Aug 18th, 11:30am-12:45pm – Coping with Advanced Disease
- Aug 25th, 11:30am-12:45pm – Wellbeing and Self-care

Attendance is free but places are limited so register now to avoid disappointment

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YEARS

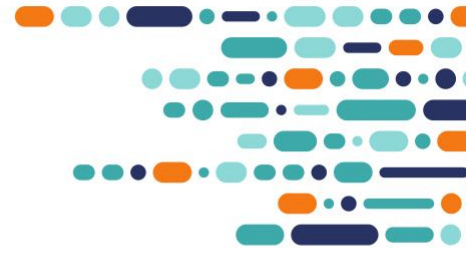
Penny Brohn UK
Living Well with Cancer



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Join us for our webinars on Nutrition and Prostate Cancer

- **Sep 13th, 2:30-4pm – The importance of gut health, nutritional approaches and useful supplements in prostate cancer**
- **Sep 20th, 2:30-4pm – Nutritional support during treatment and managing side effects after treatment**
- **Sep 27th, 2:30-4pm – Gut health optimisation, immune system support and living well after treatment**

Attendance is free but places are limited so register now to avoid disappointment



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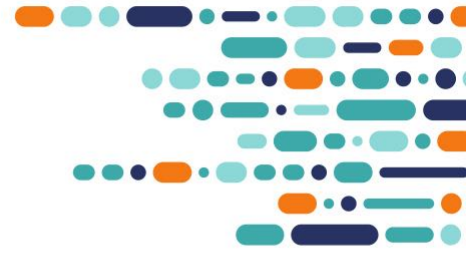
Functional Medicine Wimbledon



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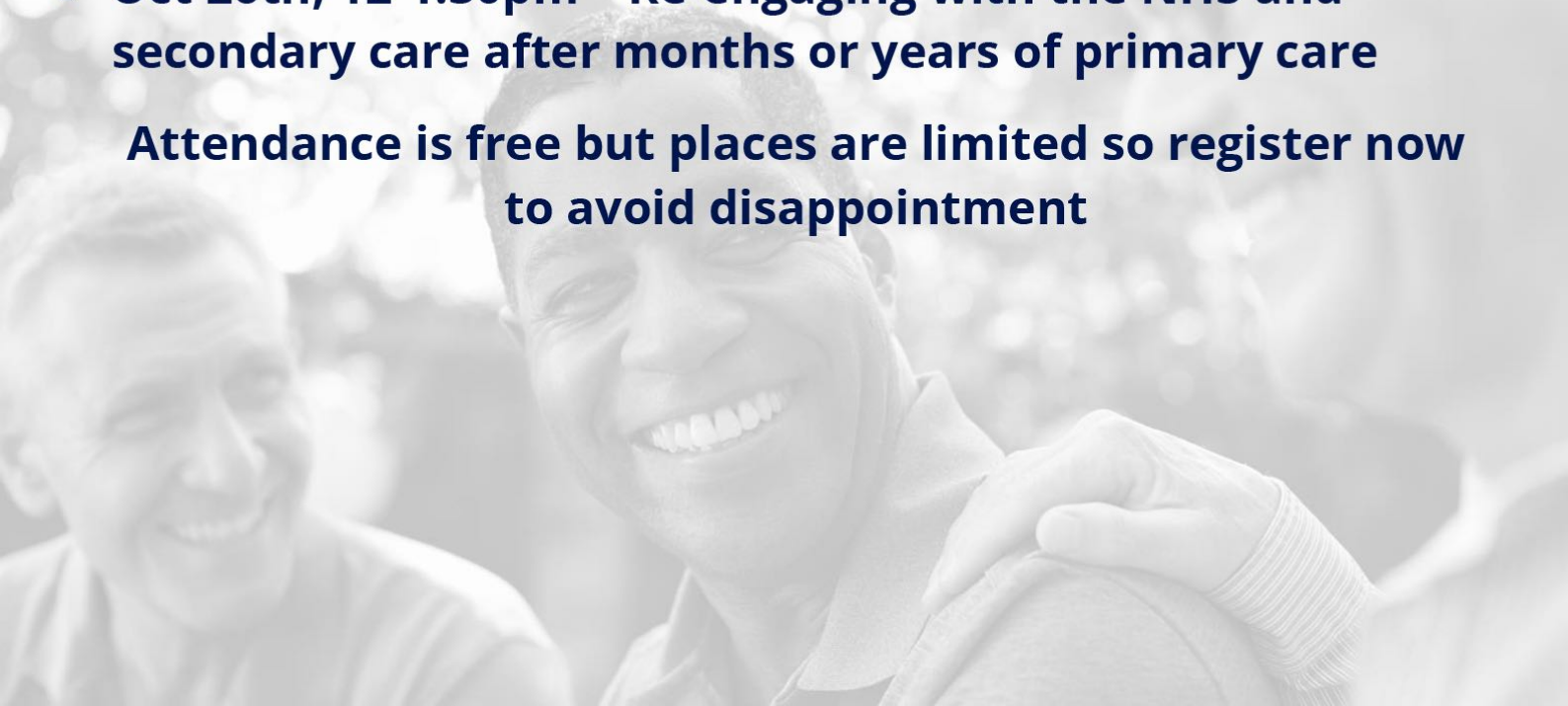
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Join us for our webinars on The NHS and Your Care

- Oct 20th, 4-5:30pm – Follow up care in a digital era - empowering you to be a partner in your care
- Oct 26th, 12-1:30pm – Re-engaging with the NHS and secondary care after months or years of primary care

Attendance is free but places are limited so register now to avoid disappointment

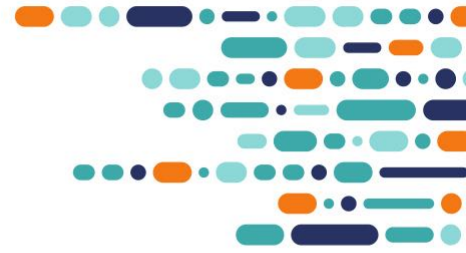




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Join us for our webinars on The Future of Treatment

- Nov 1st, 11:30am-1pm - Prostate Cancer Genetics Part 1
- Nov 8th, 11:30am-1pm - Prostate Cancer Genetics Part 2
- Nov 17th, 2:30-4pm - Demystifying Prostate Cancer Clinical Trials
- Nov 23rd, 10:30am-12pm - Artificial Intelligence (AI) and Machine Learning (ML) - a new frontier against Prostate Cancer

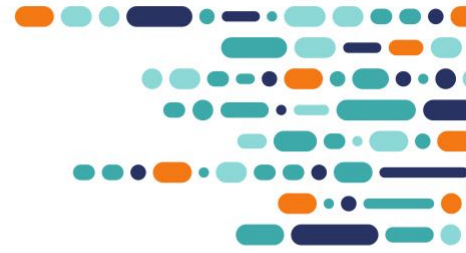
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Join us for our webinars on Looking and Feeling Great

- Dec 1st, 1-2pm – Let's Talk Sex and Intimacy
- Dec 3rd, 4-5pm – Let's Talk Sex and Intimacy (for the LGBTQ community)
- Dec 10th, 2-4pm – Men's 'Skin Fitness' workshop
- Dec 14th, 10am-12pm – Men's Body Confidence workshop

Attendance is free but places are limited so register now to avoid disappointment

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look good **feel better**
FACING CANCER WITH CONFIDENCE



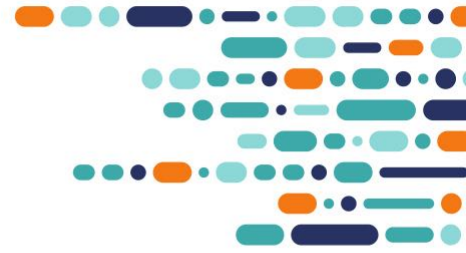
Sexual Advice
Association



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Join us for our webinar on Supporting Others

- Jan 10th, 11am-12:30pm – Helping wives and partners understand and cope

Attendance is free but places are limited so register now to avoid disappointment

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