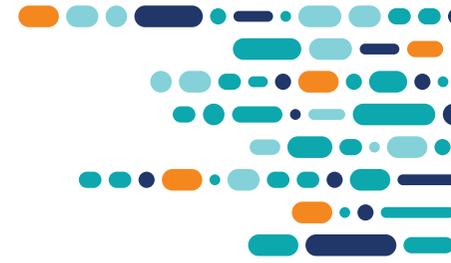




Prostate
Cancer
Research

pcr.org.uk

tackle
prostate cancer



COPING WITH ADVANCED DISEASE

TOP TIPS Allon's top tips from the session

- Look at the things you can control or change
- Plan things to look forward to
- Be kind to yourself - what would you say to a best friend in your situation?

Find out more

www.pcr.org.uk/living-well

