

# My Next Steps

A seven-week, online course for those who have completed first line treatment for ovarian cancer.



## Includes:

- ▶ Understanding recovery from treatment
- ▶ Follow up, living well on maintenance therapies
- ▶ Small steps (goal setting)
- ▶ Connection with peers
- ▶ Intimacy (and more)

## Find out more

For more information and upcoming course dates please visit [targetovariancancer.org.uk/mynextsteps](https://targetovariancancer.org.uk/mynextsteps)