

# Being Together

## Sample programme

Time	Session		
10.00– 10:20	Registration and refreshments		
10:25 – 10:45	<b>Welcome: taking steps together and here to help</b>		
10:45 – 11:05	A woman with ovarian cancer discusses her experiences of diagnosis, treatment and living well with ovarian cancer		
11:15 – 12:15 <b>Workshops AM</b> <i>A selection of workshops delivered by local providers</i>	<b>Using complementary therapy to manage stress and anxiety</b>	<b>Fabulous foods</b>	<b>Deep relaxation: hypnotherapy</b>
12:20 - 13:20	Lunch		
13:30 – 14:30 <b>Workshops PM</b> <i>A selection of workshops delivered by local providers</i>	<b>Using complementary therapy to manage stress and anxiety</b>	<b>Fabulous foods</b>	<b>Deep relaxation: hypnotherapy</b>
14:40 – 14:55	Refreshments		
15:05 – 16:05	<b>Ask the Experts</b> Hear from Consultant(s), Clinical Nurse Specialists, and Target Ovarian Cancer about the newest developments and how they can support you. There will also be the opportunity to put <b>your questions</b> to the panel.		
16:05 – 16:20	Closing remarks and feedback		
16:20 – 16.30	Target Ovarian Cancer staff will be available for some time after the event for those with any remaining questions or who would like to talk to us.		