

Harrogate District

A Voice for older people in the Harrogate District



Looking after yourself – prevention is better than cure!

Do you know what you can do to reduce your risk of developing cancer of the bowel, breast or prostate? Are you living with incontinence and wondering how to manage? What else??

If you have answered yes to any of these questions and would like to know more, come and listen to health professionals who can tell you about reducing risk and how to spot the early signs of cancer.

Our speakers are Sister Janet O'Brien from Harrogate Hospital, Margaret Jennings, oncology Macmillan nurse, Wendy McCulloch and Jo Burnside from Jennyfield Health Centre. All are very experienced health professionals working in a variety of settings.

Want to meet up socially with others and are interested in what's going on in the District? As always, there will be a raffle along with refreshments. Come along!

Date: Thursday 24th July 2014

Time: 2.00-4.00 pm.

At: St Peter's Church Meeting Room

Cambridge Road, Harrogate, North Yorkshire, HG1 1RW (access via the Cambridge Street entrance, next to Primark)

For information about local events and advice on issues affecting people over 50, look at: hgdover50sforum.org.uk for further details contact the forum on: 07804 464411

or email: mail@hgdover50sforum.org.uk website: www.hgdover50sforum.org.uk