


Living with or after a cancer diagnosis? Do you want help to rediscover strengths and managing the day-to-day impact of your treatment?

Macmillan's self-management programme: HOPE is coming to Newport.

Yn byw gyda, neu ar ôl diagnosis o ganser? Ydych chi eisiau Cymorth i ailddarganfod eich cryfderau ac ymdopi ag effaith eich triniaeth?

Mae rhaglen hunanreoli Macmillan: HOPE yn dod i Casnewydd.

**For information / Am fwy o wybodaeth:**

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**In partnership with / Mewn partneriaeth â**



**YMCA Newport, Mandalgief  
Road, Newport**  
YMCA Casnewydd, Heol  
Mandalgief, Casnewydd

14 & 21 Feb/Chw  
10am – 4.15pm

**Follow up day**  
Diwrnod/dal i fyny  
4 Apr/Ebr  
11am – 3pm