

Community support group for residents of Torfaen & Monmouthshire living with cancer & chronic pain conditions

Are you struggling with a cancer diagnosis?



We offer physical and emotional support through your cancer journey. Come along to one of our sessions to receive a complementary therapy that can help you with pain management, sleep disturbance and anxiety. During the sessions there will be nutrition and exercise practitioners available to help with advice as well as arts and crafts! Or if you prefer a coffee and chat that's ok! Every Friday 11am-1pm.

Chronic Pain? Unable to lead a fulfilled life due to your condition? Is this affecting you returning to work?

Did you know inflammation can increase the effects of chronic pain illnesses such as myalgias and musculoskeletal pain? We understand that being in constant pain can lead to depression and anxiety.

Come along every Friday 1.30pm—3.30pm where you can receive physical and emotional support, take part in activities and meet with our practitioners for advice.


 **07718 265502**

 **tosturicentre@gmail.com**



A natural way to better health

 **St Johns Hall,
Wainfelin,
Pontypool
NP4 6DY**

 **Fridays
Session 1
11.30am - 1pm**

**Session 2
1.30pm - 3.30pm**