## Maggie's - What's On

### Every day (Mon-Fri)
- **Help with money worries**: 10:00 - 16:00 Daily, Pre-book
  - **Speak to a Psychologist**: 09:00 - 17:00 Daily, Pre-book
  - **Talk to a Cancer Support Specialist**: 09:00 - 17:00 Daily, Just come in

### Monday
- **Where now? Support beyond treatment**: 13:00 - 15:00 Weekly, Pre-book

### Tuesday
- **Getting started with cancer treatment**: 14:00 - 15:30 Weekly, Pre-book
  - **Relaxation**: 11:00 - 12:00 Weekly, Pre-book
  - **Young women's support group**: 12:00 - 13:00 Monthly, Just come in

### Wednesday
- **Bereavement support group**: 11:00 - 12:30 Monthly, Just come in

### Thursday
- **Yoga**: 13:00 - 14:00 Weekly, Just come in
  - **Look Good Feel Better - women**: 10:30 - 12:30 Monthly, Pre-book
  - **Relaxation - online**: 14:00 - 14:30 Weekly, Just come in
  - **Managing hair loss - wig fitting**: 14:00 - 16:00 Weekly, Pre-book
  - **Men's breakfast**: 09:30 - 10:30 Monthly, Pre-book

### Friday
- **Meditation**: 14:00 - 14:30 Weekly, Just come in
  - **Living with less stress**: 11:00 - 13:00 Weekly, Pre-book
  - **Singing group**: 15:00 - 16:00 Weekly, Just come in

For more details and dates for each activity visit [maggies.org/lanarkshireritimetable](maggies.org/lanarkshireritimetable).

To join any of our bookable courses and workshops please speak to our team or get in touch.

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Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie’s) is a registered charity, No.SC024414