



# HEALTH AND WELLBEING DAY

**Friday 19<sup>th</sup> October 2018 – Double Tree by Hilton, Brayford Wharf North, Lincoln LN1 1YW 10.30am – 2.30 pm (Registration from 10.00am)**

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## **Event open to patients and carers affected by Asbestos Related Diseases**

Our Health and Wellbeing Day will be a fun and engaging way to promote a healthy lifestyle to help you manage your asbestos related disease or care for someone who has been diagnosed with an asbestos related disease.



**Speeches to include the following topics**  
**Information for Carers**  
**Writing for therapy**  
**Relaxation and Wellbeing**  
**Exercises for Breathlessness**

Tea, coffee and lunch will be provided. A free goody-bag and DAST give-aways

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I would like to book ..... (number of places) at the Wellbeing Conference

Name: \_\_\_\_\_ Telephone number.....

Address: \_\_\_\_\_

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Any special dietary requirements? \_\_\_\_\_

Please send completed form to **DAST, 34 Glumangate, Chesterfield, Derbyshire, S40 1TX. Alternatively you can email us at [joanne.gordon@asbestosupport.co.uk](mailto:joanne.gordon@asbestosupport.co.uk) or call us on 01246 380415** to let us know you are coming.