



Live Well
with Cancer



northern
cancer
alliance

Sleep masterclass *for patients*

Join us!

Time

8.30am - 3.30pm

• 2nd November 2023

St James' Park (Joe Harvey room)

• 30th November 2023

Carlisle Racecourse (Lawn suite)

• 22nd February 2024

The Durham Centre

• 21st March 2024

*Middlesbrough Football Club
(Fenton Lounge)*

Join us for our Sleep Masterclass, where we will cover the science and psychology of sleep and introduce CBT, ACT, and mindful therapies.

The day will end with a Q & A session where you can ask our facilitators any sleep questions you have. To book a space, please email livewellwithcancer@gmail.com

Anyone affected by a cancer diagnosis is welcome to register for our masterclasses.

Facilitated by

• Jason Ellis

*Professor in Psychology at Northumbria University and
Director of the Northumbria Centre for Sleep Research*

• Fiona Clark

*Creative Arts Counsellor
Lecturer in Counselling*

