

# Counterweight@CLAN Programmes starting in January and May 2018



## Managing weight after cancer treatment

Knowing what to eat after cancer treatment can be challenging. You may have gained weight and your tastes or appetite may have changed.

You are invited to drop-in  
to an  
informal introductory  
talk:

Tues 23rd Jan 2pm -3pm  
Weds 24th Jan 6pm-7pm

For more information,  
please contact:  
CLAN House reception on  
01224 647000

**Cancer support for all**

CLAN Cancer Support is an independent charity which provides emotional and practical support to anyone affected by cancer, to help to reduce anxiety, stress and to increase their ability to cope with the effects of a serious illness.

CLAN House & CLAN Haven, 120 Westburn Road, Aberdeen, AB25 2QA. T:01224 647000 E:enquiries@clanhouse.org



CLANnow



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www.clanhouse.org

CLAN Cancer Support Registered Scottish Charity No. SCO22606

[www.clanhouse.org](http://www.clanhouse.org)

#LivingWithCancer



Knowing what to eat after cancer treatment can be challenging. You may have gained weight and your tastes or appetite may have changed.

The dietary guidelines for people in the after-treatment stage of cancer include the recommendation to maintain a healthy weight and avoid weight gain. This can be achieved through a balanced diet and regular physical activity which can help to lower the risk of developing cancer as well as cardiovascular disease, hypertension and type 2 diabetes.

Counterweight is a nationally recognised evidence-based weight management programme which has been running for the past 10 years.

Led by a qualified Counterweight practitioner and Registered Dietitian, **Counterweight @ CLAN** will provide you with the right information to make important choices regarding your diet.

The programme takes a holistic, lifestyle approach to weight management through a combination of **healthy eating, exercise** and **psychology**.

CLAN Cancer Support's programme supports those in the **after-treatment stage of cancer** who want to ensure they are taking the best approach to supporting their health.

Join us at our introductory talks at **CLAN House, Aberdeen** to find out more about the programme and the benefits of actively managing weight.

A Registered Nutritionist at Robert Gordon University will be involved in evaluating the programme.

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