



Have you been through cancer?

Would you like help with stress, tiredness your diet or getting more active?

- **Doctors and cancer experts at the University of Southampton have made a website that may help with weight control, stress, tiredness, eating better and getting more active.**
- **We are doing a study to see how helpful the website is for people who have had cancer.**

We are looking for people who have finished treatment for breast, bowel or prostate cancer in the past 10 years AND people on 'active surveillance' or 'watchful waiting' for prostate cancer.

Speak to Dr Matt Houghton if you are interested in finding out more

