

My Next Steps

A seven-week, online course for those who have completed first line treatment for ovarian cancer.



Includes:

- ▶ Understanding recovery from treatment
- ▶ Follow up, living well on maintenance therapies
- ▶ Small steps (goal setting)
- ▶ Connection with peers
- ▶ Intimacy (and more)

Find out more

For more information and upcoming course dates please visit **targetovariancancer.org.uk/mynextsteps**