## **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

Targe

- 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** 

Target Ovarian Cancer is a company limited by guarantee, registered in England and Wales (No. 6619981). Registered office: 30 Angel Gate, London EC1V 2PT. Registered charity numbers 1125038 (England and Wales) and SC042920 (Scotland). \* Target Ovarian Cancer logo is a registered trademark (UK00003832408).