

Recharge Day for Men

For anyone affected by cancer

All backed by clinical evidence and delivered by a team of cancer specialists

Our new Recharge Day for Men will support you to thrive again with practical, evidence-based tools and ideas. Sessions will include:

Create a helpful mindset and navigate change with Personal Development Coach Andrew Marchesi.

Build your stress management toolkit with Allon Stokes the Penny Brohn counselling lead

Sustenance for Strength cooking demo with nutritionist KIm and Penny Brohn Chef, Oliver



Wednesday 23 April, Wednesday 12 November (2025)



Penny Brohn UK, Ham Green House, Chapel Pill Lane, Pill, Bristol, BS20 0HH



9:30am - 4.30pm



To find out more and to book



Visit pennybrohn.org.uk/ourapproach/services/wellbeing-days/



Call 0303 3000 118



Penny Brohn^{UK}

Cancer wellbeing for everyone