

## **KEY INFORMATION ABOUT YOUR BOLD IS BEAUTIFUL CHARITY PARTNER LOOK GOOD FEEL BETTER**

- Look Good Feel Better is a cancer support charity dedicated to helping people manage the physical effects of cancer treatment.
- Look Good Feel Better run free workshops in the UK, led by expert volunteers from the beauty and wellbeing industry, which give practical advice and support to people living with cancer.
- Look Good Feel Better face-to-face workshops are held in over 100 local community venues, including hospitals and cancer centres, across the UK.
- To find your local workshop, please visit [www.lookgoodfeelbetter.co.uk/workshops](http://www.lookgoodfeelbetter.co.uk/workshops). All workshops can be booked via the charity's website – [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk) or by calling **01372 747500**

- Workshops are also available online and cover a variety of topics including skincare and makeup, hair care, nail care, styling for confidence, gentle exercise and male grooming and shaving.
- To find out more information about the charity, their services or about volunteering, visit – [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)
- The charity has been operating for nearly 30 years and work with experts in the field to provide safe, welcoming and informative services where people undergoing treatment for any type of cancer can be supported both physically and emotionally.
- Every Look Good Feel Better workshop offers an invaluable opportunity to talk to others in a similar situation, whilst helping support people with their changing appearance. People leave the workshops feeling empowered, motivated and less isolated – allowing them to look good, but feel even better.



look good **feel better**  
FACING CANCER WITH CONFIDENCE

benefit