**PRESS RELEASE**

For immediate release

[Insert date]

**[WRITE A CATCHY HEADLINE]**

**Include a dateline and lead paragraph.**

[Who, what, when, where, and why?]

**Body of your press release**

[2-3 paragraphs, describe the theme of your event and why people should attend.

**Use quotes from event organisers to provide insight into the event and to emphasise why it’s happening**

[For example, to raise money for Look Good Feel Better who provide support for people living with cancer and why LGFB is your chosen charity]

**Include a call to action**

[Include where and how you can sign up for the event and purchase tickets.]

**About Look Good Feel Better**

Look Good Feel Better provide wellbeing workshops for men, women and young adults living with cancer in the UK. Workshops are held virtually and in hospitals and cancer care centres across the UK.

The charity workshops range from skincare and makeup, hair loss, nail, and hand care to gentle exercise and mindfulness, helping with both appearance related issues as a result of treatment and emotional issues such as loneliness, depression and anxiety. They are most importantly, an opportunity to meet others going through a similar situation.

<https://lookgoodfeelbetter.co.uk/>

A picture containing text, sign

Description automatically generated

**Contact Information**

Event organiser:

[name]

[telephone number]

[email]

Press contact at Look Good Feel Better:

Ruth Adams,

Ruth@lgfb.co.uk

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**ENDS**