

**NUTRITION AND  
LIVING WITH CANCER  
HELPLINE**

[wcrf-uk.org/helpline](http://wcrf-uk.org/helpline)

Tues 12-2pm & Thurs 6-8pm

We plan to expand our opening hours throughout the year, so please check our website for the most up to date information.

T: 0333 034 1988 E: [helpline@wcrf.org](mailto:helpline@wcrf.org)



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