

CANCER REHABILITATION EXERCISE PROGRAMME



**‘Exercise helps to reduce fatigue
and manage pain!’**

Everybody Cancer Rehabilitation is an exercise and physical activity programme for anyone living with or beyond Cancer,

Our exercise prescription is tailored to each person, delivered individually or in a group setting, offering support and encouragement.

RUN BY SPECIALIST CANCER EXERCISE INSTRUCTORS

**‘Being Physically Active can help
make positive changes’.**

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‘Small Steps Make A Big Difference’.

Benefits of joining our Cancer Rehabilitation programme:

- A personal consultation with one of our specialist Cancer Rehab Exercise Instructors.
- A physical activity programme designed specifically for you.
- Instructors discuss your experiences, expectations and goals.
- A safe, supportive and motivating environment to exercise.
- An exploration of physical activity opportunities that match your needs and preferences.
- Peer support, exercising in a group providing support and encouragement

All classes £3.60 per session, Membership options available

For further information email:
ebhealthy@everybody.org.uk or phone: **01270 685589**.