

Are you or someone you know recovering from **Cancer**?

CAN-Move

Get the support you need with our **FREE 12 week relaxed and enjoyable exercise and physical activity programme**

Helping you get more active and recover from cancer treatment.

- Helps reduce impact of treatments and side effects
- Improves energy levels and management of fatigue
- Improves strength, stamina and mobility
- Reduces risk of reoccurrence of cancers
- Helps improve wellbeing and mood
- Aids weight management

Can-Move is a tailored and supported programme with the opportunity to exercise in a relaxed atmosphere in a group setting or individually.

**Ask your Cancer Nurse Specialist
GP / Practice nurse to refer you**

Or enquire about self-referral

MAKE AN ENQUIRY NOW

Salfordcommunityleisure.co.uk/lifestyle

t. 0161 778 0540 / 0161 778 0577

e. ActiveLifestyles@sccl.co.uk

