

# Exercise Class for People Affected by Cancer

*A holistic approach to movement*



**Tuesdays 1.30pm to 2.30pm**

During and after treatment for cancer, people can often present with muscle weakness, limitation of movement, and pain. Physical exercise that helps to develop the body's strength, flexibility and control can help to reintroduce movement at any stage of recovery.

The exercises are dependent on the individual's type and stage of cancer and recovery and there is a criteria to join the programme.

The class has a maximum of 12 participants and is run on a twelve week sequence. Please contact The Nightingale to confirm your suitability to take part.

*For more information please telephone 0208 366 4333  
or email [fiona@nightingalesupport.org.uk](mailto:fiona@nightingalesupport.org.uk)*