



# Cancer Grass Roots Awareness Project



In the UK more people are being diagnosed with cancer...  
but more are surviving, often thanks to early detection,  
early intervention and early treatment.

Click the links to access a series of short videos:

Simple Breath Work  
<https://tinyurl.com/kj4tt6h7>

Prostate Awareness  
<https://tinyurl.com/f96mntc9>

Cervical Cancer Screening  
<https://tinyurl.com/3ss8muw3>

Breast Cancer Screening  
<https://tinyurl.com/5e2emt3d>

Bowel Cancer Screening  
<https://tinyurl.com/nv4eue8k>

Please check with your doctor or medical professional if you have any concerns around practising breath work or exercise.

Contact us today to join our project:

<https://www.takingbackyourpower.today> / [info@takingbackyourpower.today](mailto:info@takingbackyourpower.today)  
Get in touch if you would like us to deliver to a local group or organisation.

Scan for  
more info  
on our  
website

