



# 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 link to access a short video on breath work to reduce stress, a common risk factor for cancer and many lifestyle diseases.

The breath work may also help reduce anxiety when attending medical appointments, cancer screening and testing appointments and if you are new to exercise.

<https://tinyurl.com/kj4tt6h7>

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

