

# OUTDOOR EXERCISE FOR CANCER

Led by a Specialist  
Cancer & Exercise  
CanRehab trainer

Starts  
Sept  
2022

Outdoor group exercise for people living with and beyond cancer

Regular exercise can have a positive impact on:

- Cancer-related fatigue
- Physical function
- Treatment side effects
- Mental health
- Lymphoedema
- Quality of life
- Bone health
- Sleep

Fridays 10am - 11am

Meeting at Chalfont St Peter Community Centre car park

All fitness levels welcomed\*

Aerobic and strength exercise in local green spaces

6 week block  
23 Sept - 28 Oct  
£30

8 week block  
4 Nov - 23 Dec  
£40

Pay as you go  
and concessions  
available

Email [referrals@breatheoutside.co.uk](mailto:referrals@breatheoutside.co.uk) or call 07796332161 to register.

BOOKING NOW - PLACES ARE LIMITED!

[www.breatheoutside.co.uk](http://www.breatheoutside.co.uk) \*Referral form and health screening required