

# MOVE AGAINST CANCER.



MOVE Charity is embarking on a mission to support and inspire people to Move Against Cancer

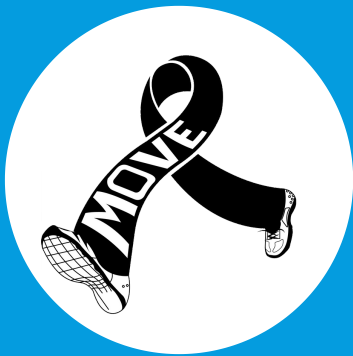


# Our 3 key areas of work are:



## 5K Your Way Initiative

Our 5k Your Way groups encourage those living with and beyond cancer, families, friends and those working in cancer services to walk, jog, run, cheer or volunteer with a 5k Your Way group at a parkrun event on the last Saturday of every month. Visit [www.5kyourway.org](http://www.5kyourway.org) to find out more.



## Online 8 week support programme

Available to children and young people between the ages of 13-30 living with or beyond cancer. The programme is an 8-week online building foundations programme led and designed by MOVE cancer rehab specialists.



## Move Against Cancer Podcast and online resources

- The NEW Move Against Cancer Podcast aspires to support and inspire people to move, exercise and live an active and fulfilling life despite a cancer diagnosis.
- The 5k Your Way YouTube channel includes workshops on topics such as cancer related fatigue & exercising during chemotherapy.
- 'Move Your Way' sessions delivered by cancer rehab specialists and blogs from members of our community, guests and experts.

## Get in touch today!