

# Spring into action



## Oncology Exercise Class

### Who is the class for?

This 12 week exercise class is for anyone during or post treatment for cancer. The physiotherapy led class aims to:

- Improve overall fitness levels
- Provide a safe and supportive environment in which to exercise
- Help to combat cancer related fatigue

### Each week a following topic will be covered:

- Importance of exercise after a cancer diagnosis
- How to combat cancer related fatigue
- Lymphedema prevention
- Relaxation
- Complementary Therapies
- Advice on getting more active within your local community

**When:** Mondays 2 – 4pm

**Where:** Physiotherapy Gym, Clinic 10, Kings Mill Hospital Tel: 01623 622515 ext 3221

### How can I book a place?

Please enquire with your Clinical Nurse Specialist, Consultant or GP who can refer you to Oncology Physiotherapy.