

Wow!

Women only Wednesdays

Are you a woman living with or affected by cancer?
Can-Survive UK is hosting a six week programme of health
and well-being activities just for you!

All activities are FREE and refreshments
are provided.

Register for the full programme, or just
for the activities that interest you.

To register contact Marcella Turner:

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Mobile: 07496 089310

Email: Marcella@can-survive.org.uk

Places are limited, please book early!

*This project is targeted at, but not
exclusive to, BME and marginalised
women residing in Hulme, Moss Side,
Whalley Range, Old Trafford,
Levenshulme, Chorlton and the
surrounding areas.*

CanSurvive

providing advice and culturally sensitive information and support
to BME community members living with or affected by cancer.

Wednesdays, 12noon - 3pm
at the Kath Locke Centre
123 Moss Lane East, M15 5DD

Activities include:

4th November

Massage and relaxation

11th November

**Workshop on managing
fatigue, anxiety and stress**

18th November

Physical wellbeing

25th November

Healthy cooking and eating

2nd December

**Hair (loss and growth) and
beauty pamper session**

9th December

Wow Celebration

supported by

 **FOREVER
MANCHESTER**
THE COMMUNITY FOUNDATION
FOR GREATER MANCHESTER