

FACT

(Fit After Cancer Treatment)

FACT.

Cancer and cancer treatment can have an extreme effect on the body and on overall physical wellbeing

FACT.

It can also be emotionally challenging, undermining confidence and leading to low self esteem

Where:

East Manchester Leisure Centre,
Grey Mare Lane, Beswick,
Manchester, M11 3ND

Time: Noon — 2pm

For info or to register:

Email:

factwelcome@gmail.com or

Call 07842961816

FREE

Six week fitness sessions

Call to book your place.

Dates:

Friday 28th July 2017

Friday 4th August 2017

Friday 11th August 2017

Friday 18th August 2017

Friday 25th August 2017

Friday 1st September 2017

