



Join us in a new project - Move to Thrive

Be part of a new and relaxing project run by women for Asian, Arabic and Middle Eastern women impacted by cancer.

Share with us

what types of physical activities you have enjoyed

Tell us

about the types of outdoors activities you would like to try

Take part

in free, gentle, culturally appropriate and fun activities with other women who have experience of cancer

Enjoy

group activities in nature

We will work with you

to create activities indoors and outdoors

The project is led by **Sajida Ismail** from **Grass Routes Movement**, a women led community interest company. We are passionate about working with people to create joyful activities in nature.

Get involved!

Contact Sajida on email:

grassroutesmovement@gmail.com

Or send a text message on:

07786 064 677



MACMILLAN
CANCER SUPPORT

Grass
Routes
Movement