



SUPPORTING YOU THROUGH YOUR JOURNEY

cancer exercise rehab scheme

If you are going through cancer treatment or waiting for treatment, we have gym sessions designed and lead specifically for you by a qualified referral instructor.

When: Flexible daytime sessions arranged to suit you

Where: Sharnbrook Community Sports Centre

Who with: Lisa (Cancer rehab instructor)

What does it involve: Supervised, gentle gym based exercises focusing on health benefits to aid recovery

How do I get involved: speak with your nurse or medical professional to get referred



CONTACT US

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