

# MCHC New Year Resolution 2020



SEATED



STANDING



STRETCHING

## RELAXATION

# THROUGH EXERCISE BODY AWARENESS WITH MOVEMENT

GUIDED BY: CLAIRE WALING

CLAIRE will give an introductory talk on our proposed approach for 2020.

This will include reference to Pilates and Somatics:

7th JANUARY 2020 at 11am to 12:15

Macclesfield  
**Cancer Help**  
Centre

OUR AIM

- ◆ We aim to provide friendship, help, information and support, and a range of complementary therapies for our visitors.
- ◆ We aspire to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs.
- ◆ We also welcome family, friends and carers who are supporting them; we recognise that they too may need support.

BOOK YOUR PLACE OR TO FIND OUT MORE

Tel. No.: 07981 899526

OR EMAIL: [macchelp@googlemail.com](mailto:macchelp@googlemail.com)