

MCHC 2020 EXERCISED Resolution



SEATED



STANDING



STRETCHING

3rd March 2020—11am to 12:15pm

& every 1st Tuesday bi-monthly thereafter

GUIDED BY: CLAIRE WALING and with your participation.

We aim to continue our 2020 focus on exercise.

This will include reference to Pilates and Somatics.

RELAXATION THROUGH EXERCISE BODY AWARENESS WITH MOVEMENT

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