

# Introducing



- ☉ INTRODUCING BASIC PRINCIPLES
- ☉ DEMONSTRATING MOVEMENTS - with your involvement, the seated exercises, and feel the benefits. Take home a few exercises too.
- ☉ WE WILL CONSIDER TOGETHER - how to introduce to the Centre.



**BOOK YOUR PLACE**

Tel. No.: 07981 899526

Follow the link to join in on the MCHC Newsletters

Email: [macchelp@googlemail.com](mailto:macchelp@googlemail.com)

## 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.