



If you are pre-treatment, undergoing treatment or have completed your cancer treatment, physical activity can help.

Becoming more active can help you:

- Improve physical function and strength.
- Make day to day activities easier.
- Improve health and wellbeing.
- Maintain independence & improve quality of life.
- Reduce the negative impact of some cancer-related side effects.
- Meet new people with similar experiences.

Cancer Rehab group exercise classes are held twice weekly at the following venues. Classes cost £2.50 per session.

Cancer Rehab @ Tudor Grange Leisure Centre:	
Blossomfield Road, Solihull, B91 1NB. Call: 0121 705 6371	Tues 2-3pm Thurs 2-3pm
Health Rehab @ North Solihull Sports Centre:	
Conway Road, Chelmsley Wood, B37 5LA. Call: 0121 770 3822	Wed 2-3pm Fri 12.30-1.30pm
** Also caters for diabetes & musculo-skeletal patients	

Specifically designed for people affected by cancer these classes consist of a gentle circuit-based routine involving cardiovascular, lower body and upper body exercises. Classes are led by fully qualified specialist Cancer Rehab instructors.

To join: Please contact your GP surgery or hospital team for a written referral form.

Getting started: Once you have a referral, please contact your chosen venue to book in for your first class. To register please arrive for your first class 15 minutes early with your referral form.

For more info visit:
www.solihullactive.co.uk
or call 0121 704 8207



The active wellbeing hub is part of Solihull Active, Solihull Council and Parkwood



Feel good...
Look after yourself!

Cancer Rehabilitation Exercise Scheme

A programme of specialist group exercise classes for people affected by cancer.

Regular physical activity can help you throughout your cancer journey and aid recovery.

* Health professional referral required



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