



WELLBEING WITH CANCER

A PREHAB FOCUSSED GROUP FOR BEFORE & DURING TREATMENT

Key Details

- ✓ 8-week programme (Tues 9.30-12.30)
- ✓ Butterwick, Woodhouse Lane, Bishop Auckland, DL14 6JU
- ✓ Treatments, Talks, Wellbeing Focus, Refreshments & Socialising

What We Offer



Guest Speakers
promoting
healthy
behaviours



Relaxation &
Stress Reduction



Support for you
emotional &
mental wellbeing



Wellbeing
Activities

Scan the QR code to book your place
Or give us a call to find out more

 **01388 603003**

www.butterwick.org.uk | Registered Charity Number: 1044815

