

# Cancer Wellness project

Helping you through life with Cancer on  
the road to recovery



Based at Hood Park Leisure Centre, Ashby de la Zouch

We are offering a recovery program based on social, mental and physical rehab  
Activities, including:

- 1-2-1 assessments
- Fitness classes
- 1-2-1 gym programmes
- Head, hand and foot massages
- Tai Chi sessions
- Meditation sessions.

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