

Active Beyond Cancer

Building your fitness after cancer treatment

Have you
been affected
by cancer?

Struggling
with
fatigue?

Not as active
as you used
to be?

Leeds Rhinos Foundation and Yorkshire Cancer Research are pleased to have launched their **Active Beyond Cancer Programme**, aimed at helping you build your fitness after diagnosis. Come along to our Tea and Talk sessions to find out more.

FREE 12-week Health and Fitness Exercise Programme

What you will achieve:

- ✓ Reduce fatigue
- ✓ Increase and maintain physical activity
- ✓ Improve health and well-being
- ✓ Build lean muscle
- ✓ Reduced body fat
- ✓ Free gym induction and reduced membership
- ✓ Varied weekly physical activity sessions
- ✓ Peer support



Tea & Talk

Armley Leisure Centre, LS12 3HB
Weds 29th January, 1-2.30pm

Fearnville Leisure Centre, LS8 3LF
Thur 30th January, 1-2.30pm

Rothwell Leisure Centre, LS26 8EL
Thur 30th January, 4.30-6pm

Health & Fitness (Mixed Gender):

Armley Leisure Centre, LS12 3HB
Weds 12th Feb until 29th Apr, 1-2.30pm

Fearnville Leisure Centre, LS8 3LF
Thur 13th Feb until 30th Apr, 1-2.30pm

Rothwell Leisure Centre, LS26 8EL
Thur 13th Feb until 30th Apr, 4.30-6pm