



Move Well...
Live Well

Cancer Rehab

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

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

* Health professional referral required



For more info visit:
solihullonthemove.co.uk



The **active wellbeing hub** is part of Solihull Active, Solihull MBC and our leisure management company

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 and socialise in an active way.

Cancer Rehab is specifically designed for people affected by cancer. These sessions consist of a gentle circuit-based routine involving cardiovascular, lower body and upper body exercises. They are led by qualified specialist Cancer Rehab instructors.

Venues & Prices:

❖ **North Solihull Sports Centre, Tuesdays 1-2pm, in the gym.**

Address: Conway Road, Chelmsley Wood, B37 5LA.

Bookings: 0121 770 3822. Cost: £3.55* per session.

❖ **Tudor Grange Leisure Centre, Wednesdays 12.30-1.30pm, in the studio.**

Address: Blossomfield Road, Solihull, B91 1NB.

Bookings: 0121 705 6371. Cost: £4.20* per session.

*Please note prices are subject to change.

To join: Please contact your GP surgery or hospital team for a written referral form, which you will need to take to your first session. Once you have a referral, contact your chosen venue to book in for your first session.

You will be asked to complete a registration form at your first session. You can pre-register online instead, by scanning the QR code with your mobile phone's camera and completing the registration form.



If you haven't pre-registered, please arrive for your first session 15 minutes early. Sessions can be booked a week in advance.

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