

Stretch and Breathe Class Information



This class hopes to offer a relaxing environment to be able to:

- Facilitate gentle movement
- Aid strength and flexibility
- Aid relaxation
- Introduce simple breathing exercises
- Support your emotional wellbeing
- Help you manage cancer-related fatigue
- Improve your confidence to move and exercise

What to expect

We do some exercises in standing, kneeling, sitting and lying. You will need to be able to get on and off the floor independently.

We then end the session with a 10 minute guided relaxation.

When and where

Studio gym, Brownsword Therapies Centre, please register at reception on arrival.

Fridays 10.45-11.45am

You will be offered eight sessions

Checklist for attending

- ✓ Please wear loose fitting clothing and bring a drink
- ✓ Bring any medication that you may need with you (e.g. inhalers, GTN spray, insulin)
- ✓ Please do not attend if you have any signs of COVID-19 or are self-isolating
- ✓ Let us know if you are unable to attend by calling Therapies Reception on 01225 821242 or 821243
- ✓ Please let us know if there is any change to your medical condition (ruh-tr.cancerrehab@nhs.net)

Contact

If you would like to attend please contact us at ruh-tr.cancerrehab@nhs.net