

Are you
preparing for, or
currently going
through
**cancer
treatment?**

We can help you
improve your cancer
journey.

Bluebirds Cancer Prehab

Come and join us each week for exercise, a brew and a chat to improve your quality of life. Supported by Macmillan.

Mondays 10:00–12:00

Barrow AFC

**Contact: Emmanuel Angelo, Email:
m.allen@barrowafc.com 01229 666010**