

# - Preparing for Treatment

**FREE online support to help you prepare physically for cancer treatment**



**This 2–6 week online programme combines self-guided tools with live sessions led by our Cancer Nurse, Exercise, Nutrition and Wellbeing Specialists**

## Self-Guided

-  Mind-body tools for distress and anxiety
-  Understanding nutritional needs before treatment
-  Movement videos for strength and stamina
-  Core rehab, scars and lymphoedema awareness

## Live Interactive

-  Strength & Stamina, Yoga & Tai Chi- Weekly online classes
-  Fortnightly Online Group Check-in with our Cancer Nurse Specialist
-  1-2-1 Support if you have more complex needs.

## For more information

Please contact us at  
[prehab@pennybrohn.org.uk](mailto:prehab@pennybrohn.org.uk)  
or phone Client Support on  
**0303 3000 118**



 **Penny Brohn<sup>UK</sup>**  
Cancer wellbeing for everyone

<https://pennybrohn.org.uk/prehab/>

# Our specialist team provide you with a toolbox of support to live well with cancer

What kind of things can we help you with?

Treatment side effects

Emotional resilience

Eating well

Fatigue and pain management

Relaxation and stress management

Staying active

Online support groups



**Our services are provided by an expert team of doctors, nutritionists, exercise specialists, counsellors and therapists**

Penny Brohn UK is a registered charity (no.284881) and company registered in England (no.1635916)



Learn more about how we can support you at [pennybrohn.org.uk](https://pennybrohn.org.uk)

