

# Breast Cancer Awareness Event

11th - 13th October 2021

Help us raise money to support those affected by Cancer including breast cancer.

- Hear from Trustee and lead Therapist, Claire Mackenzie to learn more about the wide range of holistic therapies that we offer. She will also share some basic tips and advice on physical and mental well-being.
- Attend the Guided Imagery and Relaxation session to discover how incorporating techniques into your day can relieve stress, lower blood pressure and reduce chronic pain.
- Join us and the Granta well-being hub on a well-being walk around the area followed by tea and cake.
- Or simply pop in to the centre to meet the team and join us for a cuppa and a chance to talk to others affected by Cancer.

**For further information or to book a taster session please contact Claire:  
01223 840105 (Mon - Wed)  
contact@cambridgecancerhelp.org**



## MONDAY 11TH

- AM - Bowen Therapy taster sessions
- PM - Yoga group session

## TUESDAY 12TH

- AM - Scar tissue release taster sessions
- PM - Guided Imagery and Relaxation group session

## WEDNESDAY 13TH

- AM - Tea and talk with Claire Mackenzie
- PM - Gentle stretching group session
- PM - Wellbeing walk followed by tea and cake



### Contact us:

Mon - Wed 10am - 4pm

David Rayner Building  
120 Cambridge Road  
CB22 5JT