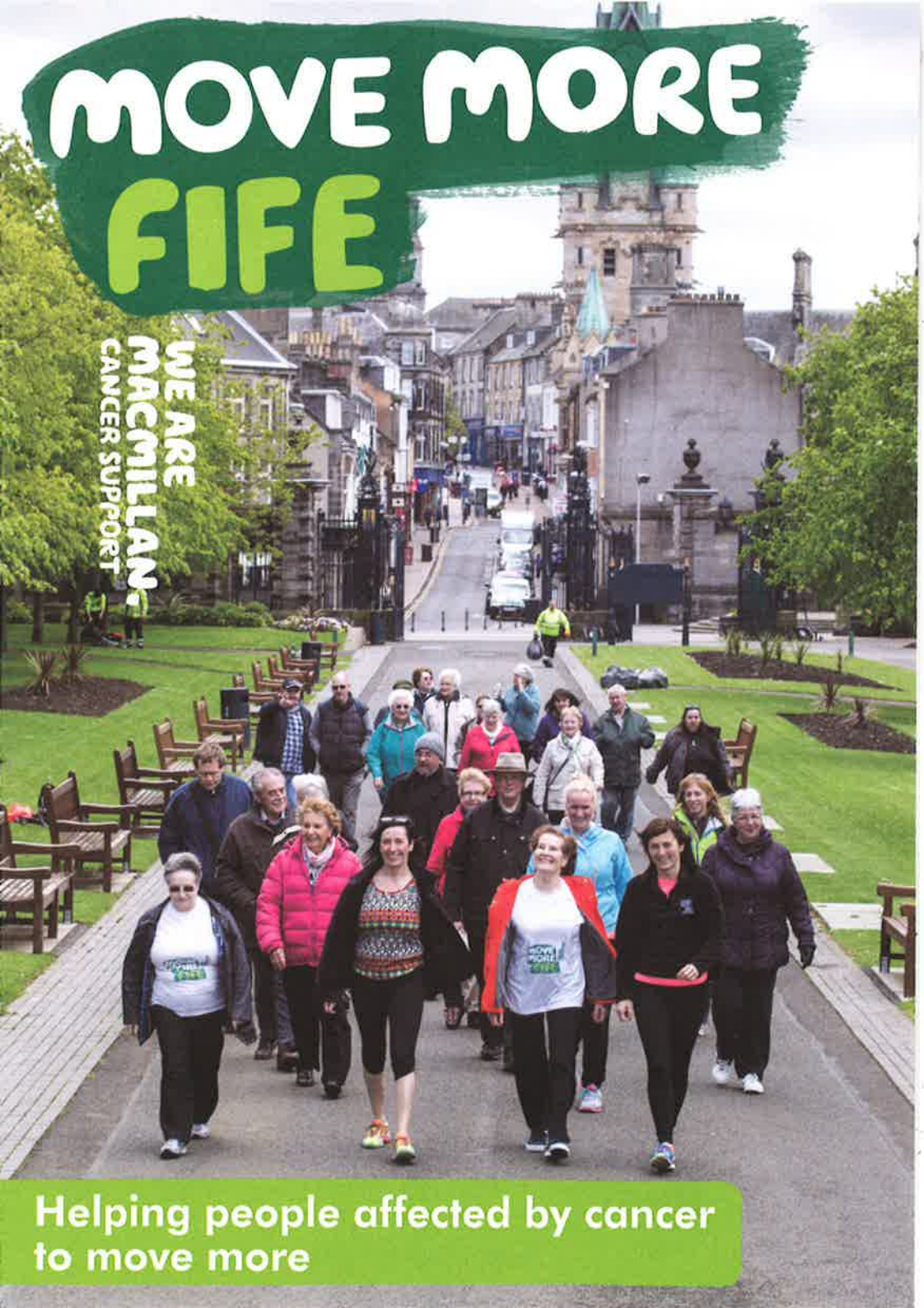


MOVE MORE FIFE

WE ARE
MACMILLAN
CANCER SUPPORT



Helping people affected by cancer
to move more



Taking small steps to feel healthier and happier

A cancer diagnosis and treatment can make you feel isolated and alone, it can also leave you with little energy and feeling low. The advice used to be that rest was best, however research shows that moving more can actually help recovery and make you feel better.

It's not about running marathons, it's just small steps to get you out and active. Move More Fife is a programme of activity specifically designed for people affected by cancer. From walking groups to group exercise and gym programmes, there is something for everyone. All the activities are free of charge and you'll be with others that know exactly what you are going through.

To find out more call your local Move More Coordinator on **01383 602127** or email healthwellbeing@fife.gcsx.gov.uk

For support, information or if you just want to chat, call Macmillan free on **0808 808 00 00** (Monday to Friday, 9am to 8pm) or visit macmillan.org.uk