



Cancer Rehabilitation Exercise Scheme

at the

Osprey Leisure Centre

Castletown, Portland, DT5 1BD

Join our friendly club and take part in a fitness scheme
designed specifically for cancer patients



12 free sessions to help you get more active and
generally feeling better!



Visit your GP or other health professional for a referral to the
scheme

To find out more:

Contact Dawn Haigh, Level 4 Cancer Rehab Exercise Instructor,
by e-mail at cfit@csiders.org,
leave a message at Osprey on 01305 824378
or visit csiders.org/cfit

Supported by:

