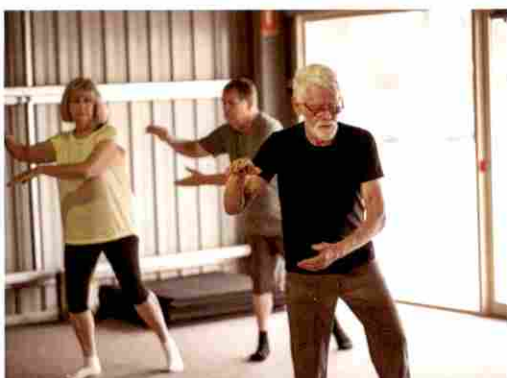


# The **CAN-Move** Programme

*A free tailored physical activity and exercise referral programme, helping people in Salford get active after a Cancer diagnosis.*

Taking part in exercise and physical activity can help to manage the impact of Cancer and its treatments and can have many physical & mental health benefits:

- REDUCE FATIGUE
- IMPROVE MOOD AND WELLBEING
- IMPROVE CARDIORESPIRATORY HEALTH & MUSCLE STRENGTH
- IMPROVE BALANCE AND BONE HEALTH



  
Greater Manchester  
Integrated Care

  
Salford Care Organisation  
Northern Care Alliance  
NHS Foundation Trust

For more information or to self-refer to the programme contact us at :

(e) [active.lifestyles@nhs.net](mailto:active.lifestyles@nhs.net) (t) 0161 778 0540 / 0161 778 0577.

[salfordcommunityleisure.co.uk/can-move](http://salfordcommunityleisure.co.uk/can-move)

