



MOVE AGAINST CANCER 5K YOUR WAY

We are inviting anyone who is living with or beyond cancer, families, friends and healthcare professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer parkrun.

All ages and abilities are encouraged and welcome.
Lots of us will be walking.

When: The last Saturday of every month. 9am parkrun start. See below for meeting point and time.

Where:

Rickmansworth Aquadrome, Frogmoor Lane,
Rickmansworth, Hertfordshire, WD3 1NB.
Meet outside the Cafe.

Ambassador:

Juliet FitzPatrick 07785726657 @julietfitzy

Cost:

Free!

Get in touch and let us know you will be coming.

📍 5k your way: move against cancer | 📱 @cancer5kYourWay
📧 info@5kyourway.org | 🌐 www.5kyourway.org

Don't forget to register with parkrun to get your barcode

www.parkrun.org.uk/register/



Exercise has ENORMOUS benefits for people living with and beyond cancer...

- ⚡ Reduces cancer fatigue
- ⚡ Helps to preserve cardiorespiratory and muscular fitness
- ⚡ May reduce chemotherapy side effects
- ⚡ Improves psychological well-being
- ⚡ May reduce risk of cancer recurrence and prolong survival
- ⚡ But most importantly it's social and it's fun

