

Silhouettes of three people (two women and one man) walking on a grassy field, using Nordic walking poles. They are wearing backpacks and hats.

Nordic Walking With After Breast Cancer Diagnosis

HAVE YOU HAD A DIAGNOSIS OF BREAST CANCER?

**There is evidence that Nordic Walking can
alleviate physical and emotional symptoms
associate with breast cancer**

**We are qualified Nordic Walking Instructors
and we will be running **FREE** local Nordic
Walking groups in your area.**

**These are specifically targeted at people
who have had a diagnosis of Breast Cancer.
If this is something that you think you would enjoy,
join our friendly group, have some fun and
experience the benefits that Nordic Walking
can bring.**



www.facebook.com/ABCDNordicWalking

ABCDiagnosis is an organisation and network offering peer to peer support for people with breast cancer. Aiming to reduce fear, anxiety and isolation, while supporting them to resume normal life, living both with and beyond cancer.

WWW.ABCDIAGNOSIS.CO.UK

