



STRONGER TOGETHER

Delivered by REPS-registered exercise professionals with a special interest in assisting men with prostate cancer live well.

Being active can help manage some of the common side effects of cancer treatment, speed up recovery and improve quality of life.

WHEN: Thursdays 5.00pm

WHERE: Lincoln Events Centre, 15 Meijer Drive

COST: FREE (T&Cs apply)

CONTACT: Please contact trainer Ingrid Phelan to find out more and prior to attending your first class.

- 027 387 0065
- phatsk8rollerdiscos@gmail.com

ABOUT: www.prostate.org.nz/prostfit/