

LIVE

Cancer and Exercise WEBINAR



Active Essex are pleased to offer **free** webinars online, as part of the:

Essex Health Series

The aim of these seminars is to provide anyone who delivers sport or physical activity with the latest information on ways to support people recovering from Covid-19, how this has impacted on those most vulnerable and opportunities for the Sport, Physical Activity and Leisure sector to support residents of Essex.

The next webinar is taking place on:

Thursday 30th September 9:30-11am

This seminar aims to develop the knowledge and understanding of common types of cancer but more specifically the types of treatments people may go through.

We will explore how these treatments can affect the body and how physical activity and exercise can help make the journey through treatment and post treatment, more manageable and positive.

To book your space, visit:

www.activeessex.org/cancer-and-exercise-webinar/