

S t r o l l e r s a t h o n

Saturday 28th April and Sunday 29th April 2018

A 10-stage, 15 mile walk over two days by, and for, the participants of Stepping Out

Stepping Out is an exercise and wellbeing programme designed specifically for people living with, or beyond, cancer. In partnership with The Living Tree, Bridport Leisure Centre runs the programme with instructors qualified in cancer rehabilitation. The sessions are free to anyone from Bridport and the surrounding area who is currently undergoing or has completed their treatment for cancer. Research is increasingly showing that regular physical activity can help manage and lessen the adverse physical and emotional impact of a cancer diagnosis and its treatment. To keep this programme running, we rely entirely on fundraising and donations; so by agreeing to sponsor a 'stroller', you are helping to ensure that we can continue to provide this very worthwhile support for local people undergoing or recovering from cancer treatment. Thank you.

Name	Amount per stage	Total to collect	Collected



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Please make cheques payable to 'The Living Tree'
Visit www.thelivingtree.org.uk for more information