



Fit for

Life

Join us for a six-week programme of exercise and support, to help look after your mind, body and spirit

Living with a life-limiting, long-term or chronic illness can place extra stresses and strains on you and your family. Join us in a friendly and welcoming environment where you can take part in a supervised exercise session, learn about the types of support on offer, and ways to help you to cope more effectively.

To book your place call us on **020 8768 4500**.

StChristopher's
More than just a hospice

Fit for Life

Fit for Life is a free course offering six weeks of exercise and support for anyone who is living with a life-limiting, long-term, or chronic illness, and who lives in St Christopher's catchment area.

You do not have to be already using our services, and you can sign up to a course based in either Sydenham or Orpington. Please get in touch to find out more.

Each week will feature an exercise session tailored to your level, and a topic for discussion. Each weekly session lasts around two hours.

Week 1 Introduction and talk on the benefits of exercise, plus an exercise session

Week 2 Mood, plus an exercise session

Week 3 Sleep and relaxation, plus an exercise session

Week 4 Eating well, plus an exercise session

Week 5 Managing change and planning for the future, plus an exercise session

Week 6 Review of goals and conclusion, plus an exercise session

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www.stchristophers.org.uk