

GET ACTIVE



With
Mark Wild

We are happy to announce that Mark Wild will be leading our Get Active classes on zoom.

Mark is one of the U.K's leading cancer rehabilitation specialists. Using his methods, which come with the concept of creating transformative routines that accomplish individual goals, he continues to help multiple people cope with and overcome diagnosis.

These methods give everybody the foundation of being stronger, fitter, healthier, and happier.

When: **Every Monday, starting 20 July 2020.**

2:00pm – 2:45pm

To reserve a place, please e-mail support@pauls.org.uk. There may be a health questionnaire for you to complete, which we would send out by e-mail.