

# The healthy living programme



The healthy living programme enables you to take part in a personalised exercise programme in a relaxed atmosphere and have some fun.

The four week programme will also include the opportunity to listen to some interesting talks about lifestyle which will be given by members of our hospice team and other health colleagues. These talks include: coping with fatigue, the benefits of complementary therapies, nutrition and symptom control.

Sessions will last one and a half hours and will be run by a physiotherapist and other members of the hospice team.

All of Pilgrims Hospices' services are free of charge.

If you are due to come to the programme then please wear loose fitting clothes suitable for gentle exercise.

If you are interested in attending the sessions, please discuss with the member of the hospice team involved with your care, GP, district nurse or clinical nurse specialist.

**Community co-ordinator contacts:**

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