

Living With and Beyond Cancer



'On Your Bike'

The experience of cancer could be the opportunity to seek out new activities and make positive changes in your life.

Run in conjunction with Anglia Cancer Network and Cycle Suffolk...

- Bikes provided (up to 18 places per session).
- One-hour gentle ride led by a Cycle Suffolk representative.
- Starting from Entrance 15 (North Reception), Woolverstone Wing (near Headway House), Ipswich Hospital.
- A short ride into the countryside around Rushmere St Andrew and Playford, as well as surrounding areas.
- No need for Lycra – just wear what you feel comfortable in!
- This is not a 'race', it's an organised ride to help you build your confidence in cycling again.
- Open to everyone.

Dates

- 28 February 2012
- 22 May 2012
- 24 July 2012
- 25 September 2012
- 27 November 2012

If you would like to book a place, please call the Cancer Information Centre and speak to Louise Smith or Michaela Quinton on 01473 715748.

Our Passion, Your Care.

www.ipswichhospital.nhs.uk