

**Have you been diagnosed with primary or secondary breast cancer?  
Are you living with breast cancer, in recovery,  
or NED (no evidence of disease) regardless of how long?**

Exercise can support you with your recovery and help reduce the risk of recurrence. abcd retreat can help give you the motivation and support to start or continue exercising, try new things and have fun!

**abcd retreat** is a unique two day exercise and wellbeing experience in the stunningly beautiful surroundings of Saddleworth. We give you the opportunity to take part in a variety of activities in a safe and welcoming environment surrounded by like-minded people who understand what you are going through.



Our retreats offer a range of activities including:

- **Cycling**
- **Yoga**
- **Relaxation & Therapies**
- **Walking/Nordic Walking**
- **Health and wellbeing discussions**



Part funded by

**MACMILLAN  
CANCER SUPPORT**



**COMMUNITY  
FUND**



**AMBERVISION**

DESIGN | PRINT | ARTWORK

www.ambervisionprinting.co.uk

Dates for our retreats get booked up quickly and well in advance. See our website for details  
**www.abcdiagnosis.co.uk**

Head to our "Lifestyle" section for more information or email [jo@abcdiagnosis.co.uk](mailto:jo@abcdiagnosis.co.uk)

**"Motivation & exercise through recovery and beyond"**