



Blackburn & East Lancs  
Breast Care Support Group



Blackburn & East Lancs Breast Care Support Group

[www.breastcancereastlancs.org](http://www.breastcancereastlancs.org)

We would like to give a warm welcome to all our visitors to our group. We are a friendly bunch of ladies and hope that we may be of some help to you, whether you are newly diagnosed, mid-treatment or post-treatment. We meet on the **first Tuesday** of each month in the dining room at **Beardwood Hospital, Blackburn BB2 7AE** at 7pm.

### PROGRAMME 2025/26

**MARCH 4th** Talk by Marjorie Taylor – U3A (University of the Third Age)

**APRIL 1st** Spring/Easter Crafts led by members

**MAY 6th** Talk by Brian Topping – A World of Mules and Minders

**MAY 8th** Theatre Night at Blackburn Empire Theatre – Beauty and the Beast

**JUNE 3rd** Talk by Denise Gee from ELHT & Me

**JULY 1st** Summer Party

**AUGUST 5th** Talk by Mr Srinivasan

**SEPTEMBER 2nd** Talk by Yvonne Stott from Rosemere

**OCTOBER 7th** Seated Exercise with Alison Hartley

**NOVEMBER 4th** Christmas Crafts led by members

**DECEMBER 2nd** Christmas Party & quiz

**JANUARY 6th** No meeting

**FEBRUARY 3rd** AGM

#### GROUP CONTACTS FOR INFORMATION:

**Maggie Dixon, 07719 709503**

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Gentle exercise, Easy circuits, Tai Chi and Dancercise

# Ladies'

## Keep Fit Group

### Get Fit after Cancer

*Come and join us for exercise and friendship!*

We are all at different stages of the cancer journey with different fitness levels depending on ages and cancer treatments

The group is known as the Monday Movers and the sessions are run by the group

We meet on Mondays at East Lancashire Hospice, from 7pm-8.30pm, except for the week when we meet at Beardwood on the Tuesday. Exercise is followed by tea/coffee and chat. We charge £1.50 a week, pay as you go!

Prior to joining class, please contact:

Maggie Dixon, 07719 709503 [maqsdxon@hotmail.com](mailto:maqsdxon@hotmail.com)

or

Michelle Farnworth, 07866060617 [MAHJfarn20@yahoo.co.uk](mailto:MAHJfarn20@yahoo.co.uk)

The exercise group is part of the Blackburn and East Lancashire Breast Care Support Group, which meets monthly on the first Tuesday in the month at The Beardwood Hospital, Preston New Road, Blackburn, BB2 7AE from 7.00-9.00pm where we have speakers and occasional parties.

