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Meet Ruth (4 minutes)

Ruth needed to find her confidence again after her cancer treatment so she could get back to the active lifestyle that she loved. Cancer Rehab helped her to do that.

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Meet Renee's Next Steps Class (2 minutes)

Four women share how their cancer rehab classes meant so much more to them than exercising. Alongside physical improvements came a greater mental wellbeing and lots of laughter.

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Meet John (2 minutes)

Taking part in a Cancer Rehab Program enabled John to discover that he still had potential despite his cancer, and the immense value of spending time with others who understood his cancer experience.

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Meet Kim (4 minutes)

Kim couldn't image life without being able to do the simple things, but his surgery left him with major impairments. Every cancer rehab session got him closer to achieving his goals.



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