

Cavendish Relaxation Group



*“I felt very relaxed”
“Welcoming, reassuring and reduces anxiety”
“It has been invaluable in my recovery”*

This group is aimed at enhancing quality of life for anyone who has been affected by cancer. It will give you the opportunity to learn practical relaxation techniques which you can develop and use in your everyday life. The Cavendish Centre offers a warm welcome in a comfortable environment where you can feel supported & safe.

We look forward to meeting you.

- The Relaxation Group takes place every Friday from 1.30pm-2.30pm at the Centre.
- There is a charge of £5 per session or purchase a six week course for £25.
- Book your place by calling the Centre during the week

Benefits of relaxation

- Can help reduce the effects of strain and tension
- Time invested in learning to relax results in increased energy, better sleep and an improved well-being
- Reduces anxiety and symptoms of depression
- Reduces muscle tension
- Increased ability to cope with unpleasant symptoms such as pain, breathlessness and nausea
- Reduces fatigue
- Gives a sense of being in control

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