



# HAVE YOU HAD A DIAGNOSIS OF BREAST CANCER?



**DO YOU KNOW WHAT NORDIC  
WALKING IS OR THE BENEFITS FOR  
BREAST CANCER PATIENTS?**

**WE ARE LOOKING TO TRAIN PEOPLE TO RUN  
THEIR OWN NORDIC WALKING GROUPS IN THEIR  
LOCAL AREAS.**

Full training is provided FREE from Abcdiagnosis through the British Nordic Walking society, and a full support package with all insurances is also included to help you set up and lead your local group of Nordic walkers.

This applies only to people who have had or been diagnosed with Breast Cancer and is available to people in the **GREATER MANCHESTER** area only.

## **GET IN TOUCH**

Please email [jo@abcdiagnosis.co.uk](mailto:jo@abcdiagnosis.co.uk) for further details of dates and the opportunity to be trained as a Nordic Walking Instructor.

"Abcdiagnosis is an organisation and network offering peer to peer support for people with breast cancer. Aiming to reduce fear, anxiety and isolation, while supporting them to resume normal life, living both with and beyond cancer."

**[WWW.ABCDIAGNOSIS.CO.UK](http://WWW.ABCDIAGNOSIS.CO.UK)**