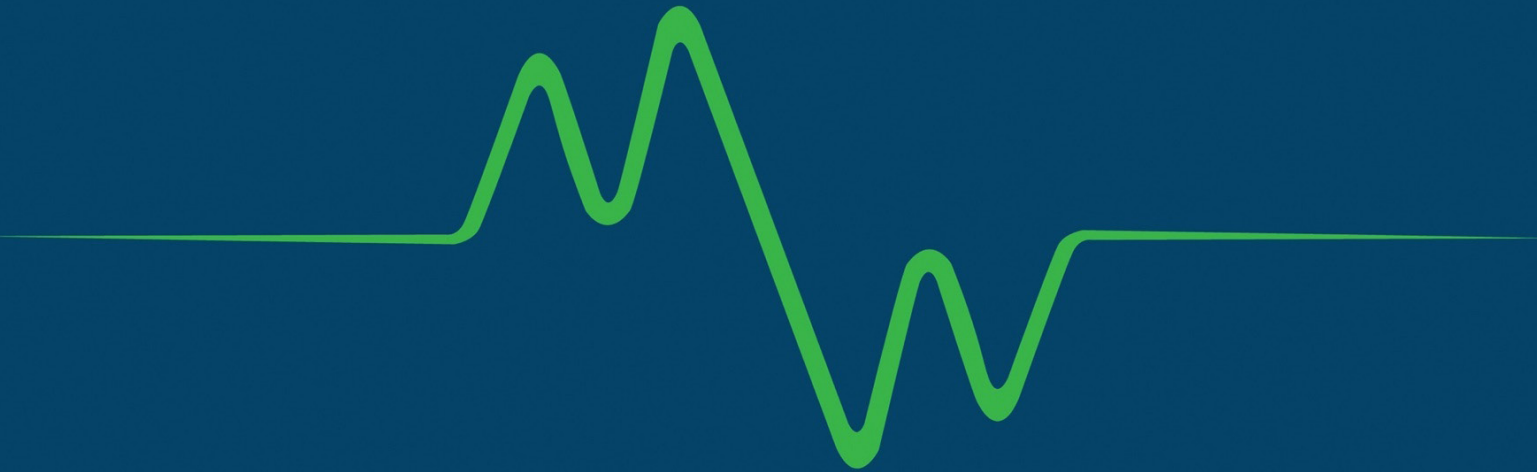


MARK WILD
TAILORED FITNESS & NUTRITION



Mark Wild Health, Level 4 Cancer Rehabilitation specialists, are proudly offering

TAILORED EXERCISE FOR LOCAL PATIENTS

EVERY MONDAY AT 2PM
PAUL'S CANCER SUPPORT CENTRE

20-22 YORK ROAD, SW11 3QA
Contact: Paul's Cancer Support - 020 7924 3924

FREE weekly classes tailored to individuals in a relaxed and friendly environment

Exercise is SAFE and EFFECTIVE during and after treatment and can reduce the risk of re-occurrence by up-to 50%



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