## PREHABILITATION

## **GETTING YOURSELF READY**

## MAGGIE'S

Prehabilitation is the chance to optimise your personal, physical and emotional circumstances following a cancer diagnosis, regardless of treatment options or stage of cancer.

To find out more about Prehab, or to join our next available Prehab appointment, please contact the team:

call 020 3904 3448, email barts@maggies.org or just come in, Maggie's Barts, St Bartholomew's Hospital, W Smithfield, London, EC1A 7BE



maggies.org

Maggie's Keswick Jencks Cancer Caring Trust (Maggie's) is a registered charity, no. SC024414

