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Weekly fitness classes for men living with prostate cancer, at any stage of diagnosis or treatment.

FIRST
CLASS IS
FREE

**STRONGER
TOGETHER**

- WHEN:** Wednesdays 1:00 pm
WHERE: CLM Fitness Centre in the Richmond Aquatic Centre
COST: \$10 per class*
COFFEE: Join the team for a post-class coffee
CONTACT: Leigh Dalzell | 021 547811 | leighsdream@gmail.com

* Funding available for session costs via application to Prostate Cancer Foundation NZ www.prostate.org.nz


Prostate Cancer
Foundation NZ
Te Kahui Māte Pukupuku Repe Tātea o Aotearoa