

Walking and well-being

Walking is a brilliant way of improving your fitness, mood and, most importantly, your feel-good factor. Join our walking group to meet new people and enjoy new walking routes in the area as you build up your distance and stamina with support from our rehabilitation professionals.

If you're interested in joining the group, please ask your GP to refer you to the Macmillan Independence and Well-being Service at Keech Hospice Care or call 01582 492339 for more information.

The Macmillan Independence and Well-being Service is delivered by Keech Hospice Care and Macmillan Cancer Support. We're here to support you so you can manage your condition and remain as independent as possible.

Exercise helps manage some of the effects of cancer treatment, such as fatigue, depression and risks to your heart health. If you're living with cancer, Macmillan's Active Luton Scheme can help you get active. The team can create a physical activity programme tailored to your needs. For more information, speak to the Macmillan Independence and Wellbeing team at Keech Hospice Care or call the Active Luton team directly on 01582 400 272.

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