

As March is **LYMPHOEDEMA AWARENESS Month**

Movement and Flexibility is key in our wellbeing & management of all lymphatic related health issues



The Lighter Touch Lymphoedema Clinic www.thelighertouch.org



YOGA FOR MEN

with Fiona

10am on Tuesday 17th March 2026

At The Centre of the Hills, North Malvern Rd, WR14 4LT

Free to attend

Donations will be warmly welcomed in support of

Worcester Prostate Cancer Support Group

To Book please message us or email: thelighertouch4@gmail.com



Worcestershire
Prostate
Cancer
Support
Group

