



# STEP INTO **ACTION**

## Building Readiness to Change

Do you want to become healthier, but you get stuck?

Do you struggle to eat healthily or get  
enough exercise?

**Action Cancer are now offering 1 to 1  
Health and Well-being sessions to help  
you achieve your healthy lifestyle.**

### How it works...



Up to 6 1 to 1 sessions with a highly qualified health and well-being coach



Behavioural change and self-compassion techniques to help you flourish



A safe and encouraging space



Supporting Resources

For more information or to book an appointment, contact  
Services Admin on [appointments@actioncancer.org](mailto:appointments@actioncancer.org)

**Action**  
cancer  
Saving Lives Supporting People



**COMMUNITY  
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