

iCan



Free cancer rehabilitation and support programme for people living with or beyond cancer.

Supporting physical, mental and social wellbeing as part of the cancer treatment pathway.

Available before, during and after treatment

Starting iCan as early as possible may help treatment, manage symptoms, recovery, and quality of life



“iCan was exactly what I wanted and needed - everyone should do it”



What is iCan?



iCan is a selection of cancer rehabilitation programmes, designed to support your individual physical and mental wellbeing after a cancer diagnosis.

Choose what's right for you



“iCan helped me to understand what I CAN do”

You will develop important knowledge and skills:

- Personalised exercise to build & maintain strength and confidence
- Mindfulness and relaxation activities to support mental wellbeing
- Led conversations to explore important topics such as fatigue, sleep, and healthy lifestyle habits to support your cancer journey

Sessions are available face-to-face or online.

Anyone with a cancer diagnosis can access this service, whether you are in / awaiting treatment or years beyond it.

“I felt stronger, more confident, and more like myself again”



Why iCan Works:



Delivering Results

- * Functional strength increased
- * Physical activity levels increased
- * Fatigue reduced
- * Mental wellbeing improved
- * Confidence improved
- * Balance improved

Participants felt stronger, less tired, and more positive after just five weeks, supporting preparation, treatment and recovery.

Many continue participating.

Reference; Loweth T.A. et al. "iCan, Empowering Recovery: Evaluating a Patient-Centred Cancer Rehabilitation Programme." *Diseases* 2024; 12(10):236.

iCan - do it now!



Ready to Take Your Next Step?

- Do I need to be 'Fit' ? **No** — iCan will assess you and ensure that sessions are gently adapted for you to benefit
- Can I attend during treatment? **YES**, and before or after
- Can I attend online? **YES**, joining from home is a popular option
- Is it really free of charge? **YES**, for anyone that has/had cancer

Start taking the small steps towards confidence,
strength and wellbeing with iCan

FIND OUT MORE! [icanlifestyle.com](https://www.icanlifestyle.com)

CONTACT US NOW!

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The iCan Team are fully qualified in cancer and exercise rehabilitation, and can support you in all aspects of your wellbeing.

“The staff helped me to feel normal again, they listened, cared, and motivated me to get fitter too”

