

PREHABILITATION

GETTING YOURSELF READY

MAGGIE'S

Prehabilitation is the chance to optimise your personal, physical and emotional circumstances following a cancer diagnosis, regardless of treatment options or stage of cancer. At Maggie's, we offer the best possible support for free to you and your family. You can come in at any time and get the support you need in our beautiful building right beside the Beatson Cancer Centre.

To find out how we can support you call **0141 357 2269**
email glasgow@maggies.org
or just come in, **Maggie's Glasgow,**
Gartnavel General Hospital,
1053 Great Western Road,
Glasgow, G12 0YN

Your prehab appointment is:

maggies.org

Maggie's Keswick Jencks Cancer Caring Trust (Maggie's)
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