



# ABC

**ACTIVE BREATHING COURSE**





Free six-week course

Designed to offer therapeutic support for those affected by various types of cancer.

Through breathing and vocal exercises, ABC improves controlled breathing and lung function while providing techniques to help manage anxiety in a supportive small group environment.



## *Course Content:*

**4 main teaching blocks each week:**

1. Diaphragmatic Breathing
2. Strength Building By Resistance
3. Singing For Life
4. Creativity & Recovery

*Since we began in*  
**April 2021:**

**650+**

participants referred  
to courses

**60+**

courses run

**9**

expert tutors trained and  
leading sessions

**5**

amazing volunteers  
helped with  
administration



# Course Feedback

**Thanks to ABC, 90% of course attendees found improvement to their overall breathing capacity.**

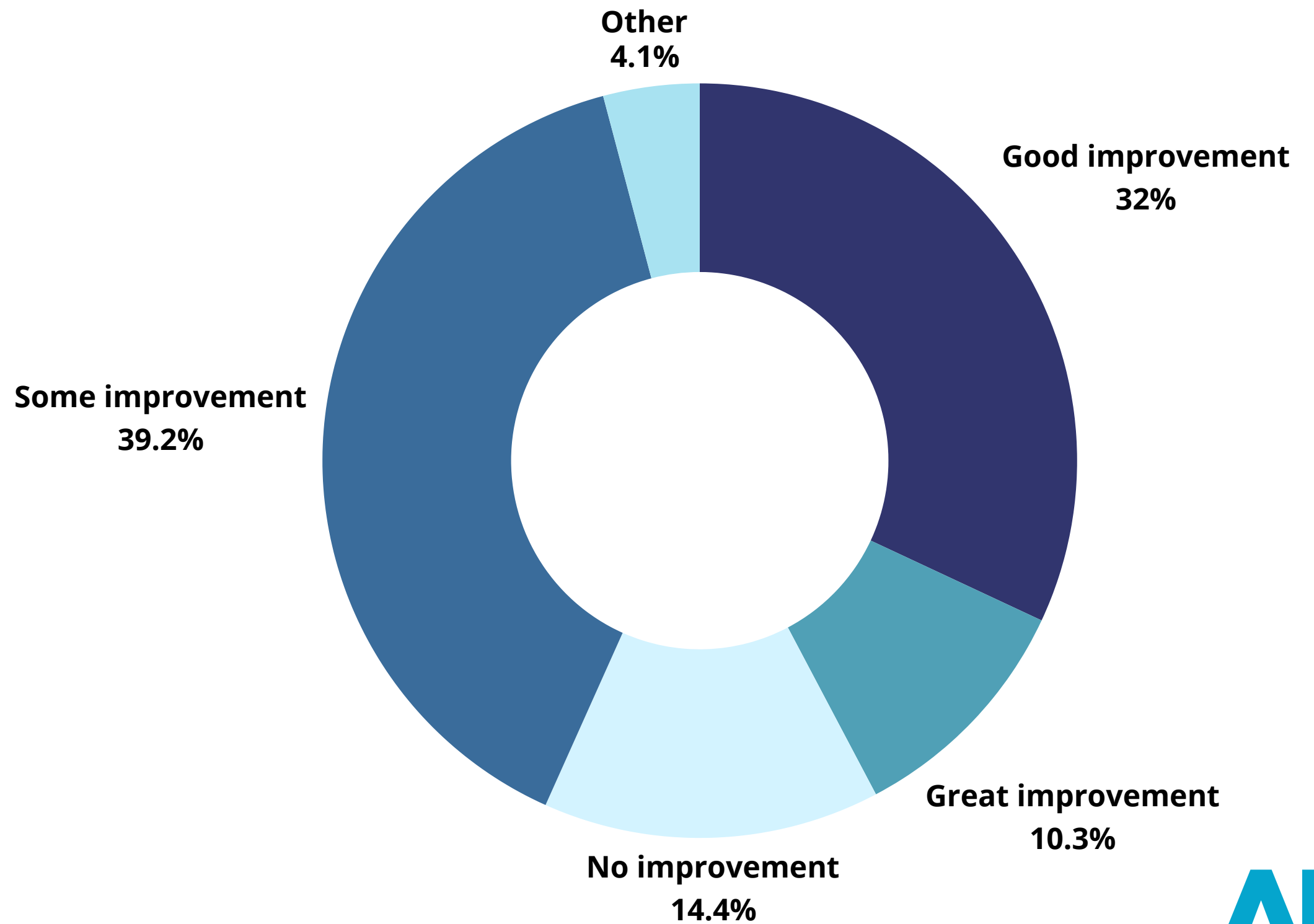
**Thanks to ABC, 88% of course  
attendees noticed an  
improvement in feeling  
breathless**

**93% of course attendees  
struggling with anxiety found  
improvement in managing anxiety  
attacks thanks to the course  
exercises**



**72% of course attendees saw  
some improvement / good / great  
improvement in their energy.  
levels since starting ABC**

**Feedback:  
Have you  
noticed any  
improvement  
in your overall  
mood since  
beginning the  
course?**



**We look forward to booking you!**

**Our next courses are:**

**Online: 22nd October**

**In-person: 7th November, New Malden United Reformed Church**

**ABC Cancer Enrollment**



**ABC Enrollment**

