



QuestPrehab™ is a telehealth service that prepares patients, mentally and physically, for major surgery or cancer treatment.

**From October 2024**, if you live in Romney Marsh, you can come see us at **The Romney Marsh Community Hub** to join our programme.



## WHAT ARE THE BENEFITS OF PREHAB?

- ✓ Eradicate unhealthy habits
- ✓ Support your mental health
- ✓ Nutritional advice to boost energy
- ✓ Feel empowered by giving you control
- ✓ Feel fitter with personalised exercise plans

**REFER YOURSELF NOW**



[www.questprehab.com](http://www.questprehab.com)



[info@questprehab.com](mailto:info@questprehab.com)