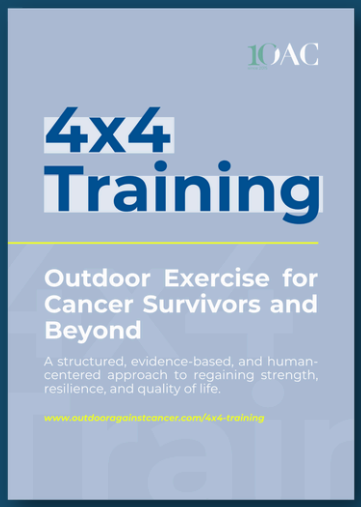
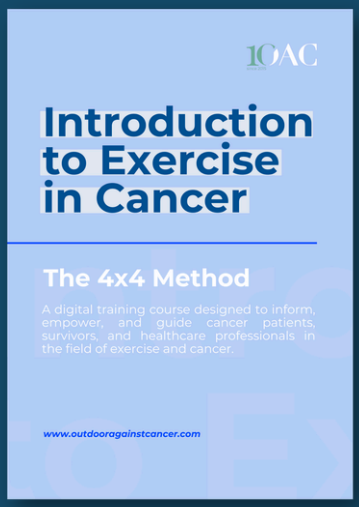
Your Support Will Change Lives



*Scaling of our **4x4 Training programme***



*Advanced training **Introduction to Exercise in Cancer – The 4x4 Method***

*OAC Presentation: **Celebrating 10 Years of Impact***

*Join **THE WAY** Documentary as a Partner – **Health Unites Us***

Exercise changes lives.

Support our mission as a funding partner.

This digital postcard gives you an overview of OAC's key projects.

Click on the covers to explore detailed fundraising presentations.

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OAC since 2015