

1-Day Cancer Care Workshop in Nanaimo



Have you or a loved one been touched by cancer?

If so, please join Medical Doctor Lori McFarlane, M.D. and Dietitian Eva Yan, R.D. for a **free** workshop on supportive cancer care.

❖ Practical and evidence-based sessions will cover topics including:

- Foundations of Health and Healing
- Nutrition
- Exercise
- Stress Management
- Emotional Support

❖ Participants will learn information and tools to take charge of their health and well-being.

❖ Open to all adults (16 years +) with a current or past cancer diagnosis and their supports.

Date: Wednesday, June 27, 2018 – 9:30am to 3:30pm

**Location: Canadian Cancer Society (Nanaimo Unit)
#777E Poplar Street (North End of Terminal Park Mall)
Nanaimo, BC Canada V9S 2H7**

All our programs are available free of charge.

Please bring your own lunch and water to the workshop.

To register, call: 1-250-595-7125 (RSVP by June 22nd)

InspireHealth is a not-for-profit organization partially funded by the BC Ministry of Health.

These outreach programs are proudly made available in partnership with



Canadian
Cancer
Society

LOWER MAINLAND
VANCOUVER
604.734.7125
#200 - 1330 West 8th Ave

VANCOUVER ISLAND
VICTORIA
250.595.7125
#212 - 2187 Oak Bay Ave

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KELOWNA
250.861.7125
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