

# 1-DAY CANCER CARE WORKSHOP IN NANAIMO



Rachel Mark, exercise therapist, and Genevieve Stonebridge, clinical counsellor, from InspireHealth are hosting a FREE workshop on supportive cancer care on:

**Monday, April 15, 2019 – 10 am to 3 pm**

**Nanaimo Seniors Village**

**6089 Uplands Dr., Nanaimo, BC**

Workshop will provide practical and evidence-based information on tools to reduce stress and improve immune function with physical movement, mindfulness practices, and healthy communication.

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

Please bring your own lunch and water bottle to the workshop.

**To register, call: 1-250-595-7125 (RSVP by April 12<sup>th</sup>, 2019)**

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.

[www.inspirehealth.ca](http://www.inspirehealth.ca)

  
**InspireHealth**  
SUPPORTIVE CANCER CARE