

# 1-DAY CANCER CARE WORKSHOP IN QUALICUM



Lori McFarlane, Medical Doctor, and Erin Roman, Registered Dietitian, from InspireHealth are hosting a FREE workshop on supportive cancer care on:

**Tuesday, November 12, 2019 – 10 am to 3 pm**

**The Gardens at Qualicum Beach**

**650 Berwick Road North | Qualicum Beach, BC | V9K 2T8**

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 Wednesday, November 6<sup>th</sup>)**

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)



**THE GARDENS**  
AT QUALICUM BEACH



**InspireHealth**  
SUPPORTIVE CANCER CARE