

1-Day Cancer Care Workshop in Port Alberni



Have you or a loved one been touched by cancer? Are you looking for information on how to best support your health throughout a diagnosis?

Dr. Lori McFarlane, M.D. from InspireHealth is hosting a FREE workshop on supportive cancer care on:

Tuesday, October 2, 2018 – 9:30am to 3:30pm

Alberni Hospice Society - 3088 3rd Ave, Port Alberni, BC, V94 2A5

She will provide practical and evidence-based information on the following topics:

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

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

Please bring your own lunch and water to the workshop.

To register, call: 1-250-595-7125 (RSVP by September 28th)

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



www.inspirehealth.ca

InspireHealth
SUPPORTIVE CANCER CARE

