



# Complementary Therapies

Exploring ways to support your treatment

**Thursday, March 25<sup>th</sup>, 2021**

3:00 p.m. to 4:30 p.m.



Guest Speaker:  
Lynda G. Balneaves, RN, PhD

## Learn about:

- Different types of complementary therapies (herbs, vitamins, acupuncture, massage, yoga, and more)
- What the current evidence is, including risks and benefits
- How to make informed decisions

**This session will be offered online through Zoom. To register, call:**

CancerCare Manitoba  
204-787-2970 or 1-866-561-1026