

Tired? Overwhelmed? Seeking Guidance?

Get Active and Move Forward after Cancer

Thursday, December 2, 2021

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

Guest Speakers:



Melanie Baruch, Counsellor,
CancerCare Manitoba



Evan Van Dale, Clinical Exercise
Physiologist, Reh-Fit Centre

Learn about:

- The emotional challenges faced after treatment
- The role of physical exercise
- Practical exercises you can do at home

This session will be offered online through Zoom.

To register, call: CancerCare Manitoba 204-787-2970 or 1-866-561-1026