

Complementary Therapies

Exploring ways to support your treatment and recovery



February 12, 2026 | 12 Noon - 1 p.m. via Zoom

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



Guest Speaker:

Lynda G. Balneaves, RN, PhD

Join Zoom on your computer or mobile app:

<https://tinyurl.com/3zwwj5n3j>



To register call CancerCare Manitoba at 204-787-2970 or 1-866-561-1026.