

Sleep and Cancer

Why it's important and how to sleep better!



March 26, 2026 | 3 - 4 p.m. via Zoom

Learn about:

- The importance of sleep in our health and recovery
- How is sleep regulated
- How much sleep is enough
- How cancer disrupts and changes sleep
- Strategies for better sleep



Guest Speaker:

Dr. Eleni Giannouli, Assistant Professor, Department of Medicine, University of Manitoba, Medical Director Sleep Disorder Centre

Join Zoom on your computer or mobile app:
<https://tinyurl.com/SleepAndCancer>



To register call CancerCare Manitoba's Hope & Healing Program at 204-787-2970 or 1-866-561-1026.