

Presented in partnership



Fear of Cancer Recurrence

Five ways to lessen your anxiety

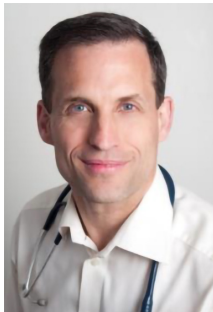
for cancer patients and families

Thursday, January 28th, 2021

2:00 p.m. to 3:30 p.m.

- GUEST SPEAKER -

- LEARN -



Dr. Rob Rutledge

Radiation Oncologist
Dalhousie University
NS Cancer Centre

- How to transform anxiety into empowerment
- Scientifically-proven mind/body techniques to reduce anxiety
- How self-compassion creates strength and resilience

**This session will be offered online through Zoom.
To register, call 204-787-2970 or 1-866-561-1026**



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**CancerCare Manitoba
FOUNDATION**

All funds raised stay in Manitoba.