



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> <i>Laughter for the Health of It!</i> 10:00m-11:00am, Okanagan Room Drop in, no registration required</p> <p><b>**Cancer: Thriving &amp; Surviving Self-Management</b> Registration required call, 1-866-902-3767 or online at <a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a> 1:30pm-4:00pm, Okanagan Room</p>	<p><b>2</b> <b>**Exercise &amp; Fitness</b> 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p> <p><b>Look Good Feel Better</b> Canadian Cancer Society 6:30pm-8:30pm, Rotary Lodge Call 250-712-2203 for info</p>	<p><b>3</b> <b>Relaxation Group</b> 10:00am-11:30am, Okanagan Room Drop in, no registration required</p>	<b>4</b>	<b>5</b>
<p><b>8</b> <i>Laughter for the Health of It!</i> 10:00m-11:00am, Okanagan Room Drop in, no registration required</p> <p><b>**Cancer: Thriving &amp; Surviving Self-Management</b> Registration required call, 1-866-902-3767 or online at <a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a> 1:30pm-4:00pm, Okanagan Room</p>	<p><b>9</b> <b>**Exercise &amp; Fitness</b> 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p>	<p><b>10</b> <b>Relaxation Group</b> 10:00am-11:30am, Okanagan Room Drop in, no registration required</p> <p><b>Look Good Feel Better</b> Canadian Cancer Society 1:00pm-3:00pm, Rotary Lodge Call 250-712-2203 for info</p>	<b>11</b>	<b>12</b>
<p><b>15</b> <b><i>Laughter for the Health of It! – No Class Today!</i></b></p> <p><b>**Cancer: Thriving &amp; Surviving Self-Management</b> Registration required call, 1-866-902-3767 or online at <a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a> 1:30pm-4:00pm, Okanagan Room</p>	<p><b>16</b> <b>**Exercise &amp; Fitness</b> 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p>	<p><b>17</b> <b>Relaxation Group</b> 10:00am-11:30am, Okanagan Room Drop in, no registration required</p>	<b>18</b>	<p><b>19</b> <b>Closed for Good Friday</b></p> 
<p><b>22</b> <b>Closed for Easter Monday</b></p> 	<p><b>23</b> <b>**Exercise &amp; Fitness</b> 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p>	<p><b>24</b> <b>Relaxation Group</b> 10:00am-11:30am, Okanagan Room Drop in, no registration required</p>	<b>25</b>	<b>26</b>
<p><b>29</b> <i>Laughter for the Health of It!</i> 10:00m-11:00am, Okanagan Room Drop in, no registration required</p> <p><b>**Cancer: Thriving &amp; Surviving Self-Management</b> Registration required call, 1-866-902-3767 or online at <a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a> 1:30pm-4:00pm, Okanagan Room</p>	<p><b>30</b> <b>**Exercise &amp; Fitness</b> 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p>			

**\*\* Requires Pre-Registration**

H:\PFCS-CSI\Sharepoint Website

<p>BCCA Website – Coping with Cancer Practical and Emotional Support <a href="http://www.bccancer.bc.ca/health-info/coping-with-cancer">www.bccancer.bc.ca/health-info/coping-with-cancer</a></p>	<p>Cancer Chat Canada Online Support Programs <a href="https://cancerchat.desouzainstitute.com">https://cancerchat.desouzainstitute.com</a></p>	<p>Canadian Cancer Society 1-888-939-3333 <a href="https://www.cancer.ca">https://www.cancer.ca</a></p>	<p>Look Good Feel Better 1-800-914-5665 <a href="https://lgfb.ca/en/">https://lgfb.ca/en/</a></p>	<p>Prostate Cancer Supportive Care Program Kelowna Contact: Angela Pomeroy 250-712-3900 ext 686522 <a href="http://pcscprogram.ca/">http://pcscprogram.ca/</a></p>
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