

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <i>Laughter for the Health of It!</i> 10:00m-11:00am, Okanagan Room Drop in, no registration required</p>	<p>4 **Exercise & Fitness 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p> <p>Look Good Feel Better Canadian Cancer Society 6:30pm-8:30pm, Rotary Lodge Call 250-712-2203 for info</p>	<p>5 <i>Relaxation Group</i> 10:00am-11:30am, Okanagan Room Drop in, no registration required</p>	<p>6 **Mindfulness Based Stress Reduction Registration required, call PFC at 250-712-3963 1:15pm-3:30pm, Okanagan Room</p>	<p>7</p>
<p>10 <i>Laughter for the Health of It!</i> 10:00m-11:00am, Okanagan Room Drop in, no registration required</p>	<p>11 **Exercise & Fitness 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p>	<p>12 <i>Relaxation Group</i> 10:00am-11:30am, Okanagan Room Drop in, no registration required</p> <p>Look Good Feel Better Canadian Cancer Society 1:00pm-3:00pm, Rotary Lodge Call 250-712-2203 for info</p>	<p>13 **Mindfulness Based Stress Reduction Registration required, call PFC at 250-712-3963 1:15pm-3:30pm, Okanagan Room</p>	<p>14</p>
<p>17 <i>Laughter for the Health of It!</i> 10:00m-11:00am, Okanagan Room Drop in, no registration required</p>	<p>18 **Exercise & Fitness 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p>	<p>19 <i>Relaxation Group</i> 10:00am-11:30am, Okanagan Room Drop in, no registration required</p>	<p>20 **Mindfulness Based Stress Reduction Registration required, call PFC at 250-712-3963 1:15pm-3:30pm, Okanagan Room</p>	<p>21</p>
<p>24 <i>Laughter for the Health of It!</i> 10:00m-11:00am, Okanagan Room Drop in, no registration required</p>	<p>25 **Exercise & Fitness 2:00pm-3:00pm, Okanagan Room Registration required, call PFC at 250-712-3963</p>	<p>26 <i>Relaxation Group</i> 10:00am-11:30am, Okanagan Room Drop in, no registration required</p>	<p>27 **Mindfulness Based Stress Reduction Registration required, call PFC at 250-712-3963 1:15pm-3:30pm, Okanagan Room</p>	<p>28</p>

**** Requires Pre-Registration**

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