



Provincial Health Services Authority

March 2020

Sindi Ahluwalia Hawkins Centre for the Southern Interior

Monday	Tuesday	Wednesday	Thursday	Friday
<u>2</u>	<u>3</u>	4 Relaxation Group 10:00am-11:30am, Okanagan Room Drop in, no registration required	5 Laughter Yoga 11:00am-12:00noon, Kootenay Room, Level 1 Drop in, no registration required **Mindfulness Based Stress Reduction 1:15pm-3:30pm, Okanagan Room Registered participants only	6 ** Movement Therapy 10:30am-11:30am, Okanagan Room One-time registration required, call PFC at 250-712-3963
<u>9</u>	<u>10</u>	11 Relaxation Group 10:00am-11:30am, Okanagan Room Drop in, no registration required Look Good Feel Better Canadian Cancer Society 1:00pm-3:00pm, Rotary Lodge Call 250-712-2203 for info	12 Laughter Yoga 11:00am-12:00noon, Kootenay Room, Level 1 Drop in, no registration required **Mindfulness Based Stress Reduction 1:15pm-3:30pm, Okanagan Room Registered participants only	13 ** Movement Therapy 10:30am-11:30am, Okanagan Room One-time registration required, call PFC at 250-712-3963
<u>16</u>	17 Look Good Feel Better Canadian Cancer Society 6:30pm-8:30pm, Rotary Lodge Call 250-712-2203 for info	18 Relaxation Group 10:00am-11:30am, Okanagan Room Drop in, no registration required	19 Laughter Yoga 11:00am-12:00noon, Kootenay Room, Level 1 Drop in, no registration required	20 ** Movement Therapy 10:30am-11:30am, Okanagan Room One-time registration required, call PFC at 250-712-3963
<u>23</u>	<u>24</u>	25 Relaxation Group 10:00am-11:30am, Okanagan Room Drop in, no registration required	26 NO Laughter Yoga TODAY	27 ** Movement Therapy 10:30am-11:30am, Okanagan Room One-time registration required, call PFC at 250-712-3963
<u>30</u>	31 **Art Workshop 1:00pm-4:00pm, Okanagan Room Register with Patient & Family Counselling at 250-712-3963 *Wear old clothes or bring an old shirt to paint in			

** Requires Pre-Registration

H:\PFCS-CSI\Sharepoint Website

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