

Provincial Health Services Authority

	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> Relaxation Group	2	<u>3</u>
		10:00am-11:30am, Okanagan Room		
		Drop in, no registration required		
5 Laughter for the Health of It!	7 **Exercise & Fitness	8 Relaxation Group	9 **Mindfulness Based Stress Reduction	<u>10</u>
L0:00m-11:00am, Okanagan Room	2:00pm-3:00pm, Okanagan Room	10:00am-11:30am, Okanagan Room	Registration required, call PFC at 250-712-3963	
Orop in, no registration required	Registration required, call PFC at 250-712-3963	Drop in, no registration required	1:15pm-3:30pm, Okanagan Room	
**Cancer: Thriving & Surviving Self-Management		Look Good Feel Better		
Registration required call, 1-866-902-3767 or		Canadian Cancer Society		
online at <u>www.selfmanagementbc.ca</u>		1:00pm-3:00pm, Rotary Lodge		
1:30pm-4:00pm, Okanagan Room		Call 250-712-2203 for info		
13 Laughter for the Health of It!	14 **Exercise & Fitness	15 Relaxation Group	16 **Mindfulness Based Stress Reduction	<u>17</u>
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20	21 **Exercise & Fitness	22 Relaxation Group	23 **Mindfulness Based Stress Reduction	<u>24</u>
CLOSED FOR VICTORIA DAY	2:00pm-3:00pm, Okanagan Room	10:00am-11:30am, Okanagan Room	Registration required, call PFC at 250-712-3963	
	Registration required, call PFC at 250-712-3963	Drop in, no registration required	1:15pm-3:30pm, Okanagan Room	
	Look Good Feel Better			
	Canadian Cancer Society			
	6:30pm-8:30pm, Rotary Lodge			
	Call 250-712-2203 for info	20 Polymetica Group	20 ************************************	21
_ , ,	28 **Exercise & Fitness 2:00pm-3:00pm, Okanagan Room	29 Relaxation Group 10:00am-11:30am, Okanagan Room	30 **Mindfulness Based Stress Reduction Registration required, call PFC at 250-712-3963	<u>31</u>
. •	Registration required, call PFC at 250-712-3963	Drop in, no registration required	1:15pm-3:30pm, Okanagan Room	
nop iii, no registration required	negistration required, tall PPC at 250-712-3903	Drop iii, iio registration required	1.13piii-3.30piii, Okanagan Nooni	

** Requires Pre-Registration

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