


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

**** Requires Pre-Registration**

H:\PFCS-CS\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 https://www.cancer.ca	Look Good Feel Better 1-800-914-5665 https://lgfb.ca/en/	Prostate Cancer Supportive Care Program Kelowna Contact: Angela Pomeroy 250-712-3900 ext 686522 http://pcscprogram.ca/
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