

Personal Power Day

Personal Power Day is a one day survivorship seminar for adults who have been diagnosed and/or treated for cancer.



TOPICS

- Nutrition by a Registered Dietician
- Anxiety and Fear after Cancer by a Social Worker
- Benefits of Exercise by a Physiotherapist
- Relationship Changes by a Registered Nurse, Intimacy & Sexuality Counsellor
- Spirituality by a Director of Spiritual and Religious Care
- Yoga and/or Qigong

Personal Power Day is free.

Register by calling 632-5620.

—Sponsored by:—

The Stay Strong Program
Caring for mind, body and spirit

LOCATION

Villa Madonna Retreat House
115 Villa Madonna Road
Rothesay, NB

