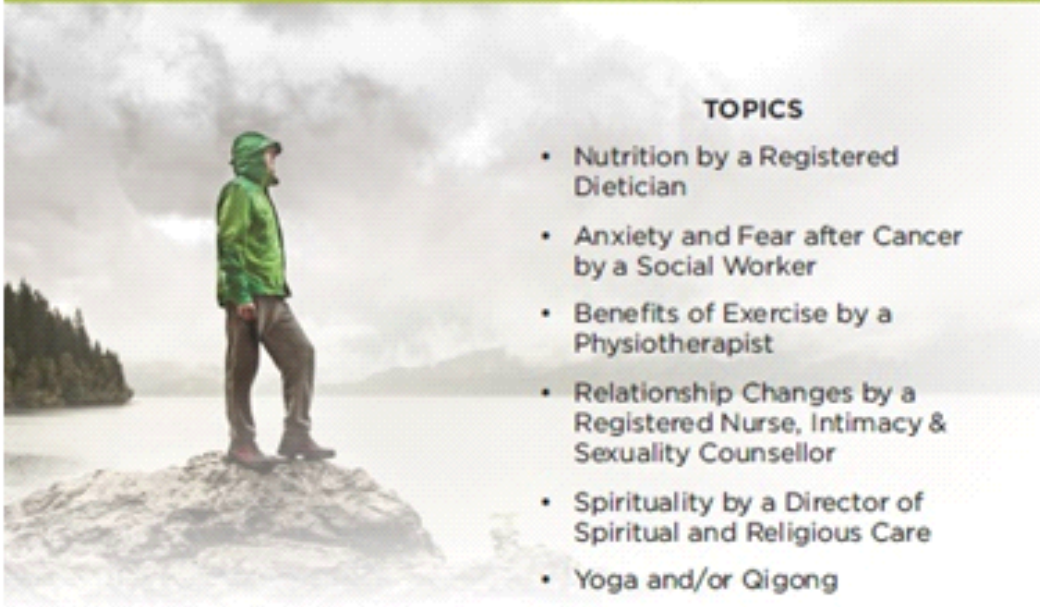


# Personal Power Day

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