



LIVING YOUR BEST LIFE with Cancer and Beyond

A CANCER SYMPOSIUM



Saturday, October 20th from 9am* - 1pm | Bailey Theatre Camrose

WHAT IS SURVIVORSHIP?

Survivorship is living with and beyond cancer. Survivorship covers the physical, psychological and economic issues of cancer from diagnosis until the end of life. Caregivers, family members and anyone else impacted by cancer is also a survivor.

WHY DOES IT MATTER?

Research has shown that other than the initial diagnosis of cancer, people experience the highest levels of distress one to three months post-treatment! However, there are many simple and practical ways to help make the transition back into everyday life.

Join us to Learn More!

To receive more information on this amazing opportunity or to register for this **FREE symposium**, please contact the Camrose PCN at (780) 608-4927, email pam@camrosepcn.com or visit www.camrosepcn.com

Space is limited so call today. Registrations will be taken until October 17th.

PRESENTATIONS BY:



Janine Giese-Davis, Ph.D.

Support For Living Your Best Life Fall 2012 – Highlights of Survivorship Research and New Developments



Kevin Wallace, MEd., PhD Candidate

Living Well With Cancer



John Bruce

Survivor Story "Cancer, Come Sit By Me"



Mike Lang

Survivor Story and Film



Dr. Linda Carlson

Complementary Therapies for Cancer Survivors: What works?



Lisa Belanger, MSc, PhD Candidate

Exercise and Cancer Survivorship

**Registration and continental breakfast begins at 8am.*

WWW.CAMROSEPCN.COM



Friday, October 19th from 9am - 4pm (Community Rooms 2&3, Edgeworth Center)



Dr. Rob Rutledge (Dalhousie University) is a leading Canadian Oncologist and provider of integrative health programs, and the author of 'Healing Circle'.

This is being coordinated in collaboration with Wellspring Calgary and is offered **FREE** for people with a diagnosis of cancer and an accompanying family member or caregiver.

To receive more information or to register for the **Full Day Retreat with Dr. Rob Rutledge**, please contact the Camrose PCN at (780) 608-4927 or visit www.camrosepcn.com

LEARN ABOUT:

- > Complete cancer care
- > Stress reduction techniques
- > The body-mind-spirit connection
- > Meditation
- > Includes small and large group discussions



Take in the retreat as part of the symposium or on its own