



Tate's Lemonade Speakers Series

Promoting Healing and Wellness in our communities

Understanding & Managing Cancer Related Fatigue

Highwood Memorial Centre | Wednesday Mar 11th, 2020

Meal Time: 5:30 p.m. | Presentation Time: 6:30 p.m.

Location: Highwood Memorial Centre, 128-5th Ave W, High River | Rotary Room

All are Welcome, Free Admission

Rosie Twomey, PhD

Postdoctoral researcher at the U of C, working directly with people with cancer-related fatigue to investigate the benefits of exercise.

Cancer Related Fatigue –a persistent feeling of physical, emotional, and/or cognitive tiredness associated with cancer or cancer treatment. CRF can interfere with day-to-day activities and impact overall quality of life.

Learn more about this common and distressing symptom, what you can do to manage it, and find out how physical activity & exercise can be beneficial for reducing CRF.

Register at: www.wellspringcalgary.ca/become-a-member/register-for-programs-online

For information call: **Carissa Boleziuk 403-652-0131**

