This class is led by an Exercise Specialist. Find out how exercise helps your body during cancer treatment, learn how to start or improve an activity program and what types of physical activities will help you most. No physical activity is performed.

**Exercising for Your Life**

**How Physical Activity May Help You**

This class is led by an Exercise Specialist. Find out how exercise helps your body during cancer treatment, learn how to start or improve an activity program and what types of physical activities will help you most.

**Same session on each date**

**When:** 1:30 pm – 2:30 pm
- May 1
- June 5
- July 3
- Aug 7

**Where:** Tom Baker Cancer Centre
- Main floor - Auditorium

**Register:** Not required

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This class is led by a Health Researcher specializing in this area. Learn about reliable evidence on many of the therapy options available today.

**Complementary Therapies**

**What Works?**

This class is led by a Health Researcher specializing in this area. Learn about reliable evidence on many of the therapy options available today.

**Same session on each date**

**When:**
- 1:30 pm – 3:00 pm
  - May 15
  - June 12

**Where:** Holy Cross Centre
- 2202 2 St SW
- Family Medicine Building
- Room 140

**Register:** Not required

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Learn how to prevent or manage common vaginal health changes from cancer treatment. Topics such as vaginal dryness, pain, and sexual interest will be discussed.

**The “Lowdown” on “Down There”**

**Vaginal Health For Women**

Learn how to prevent or manage common vaginal health changes from cancer treatment. Topics such as vaginal dryness, pain, and sexual interest will be discussed.

**Same session on each date**

**When:**
- May 22
- June 26
- July 24
- Aug 28

**Where:** Information provided when you register.

**Register:** Call 403-355-3246

(Registration required)

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This general class (led by a Radiation Therapist) will help you prepare for radiation treatment and how to manage side effects. Ask questions and learn about available resources.

**Living Your Best During Radiation Therapy (RT)**

This general class (led by a Radiation Therapist) will help you prepare for radiation treatment and how to manage side effects. Ask questions and learn about available resources.

**Same session on each date**

**When:**
- Mondays, 1:00 pm – 2:00 pm
- Tuesdays, 9:00 am – 10:00 am

**Where:** Tom Baker Cancer Centre
- Main floor - Auditorium

**Register:** We will book you an appointment to attend this class.

For more information, call 403-521-3771

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The change from being in treatment to after treatment can be difficult. People don’t always know what to do or expect or what they can do. This class can help.

**After Cancer Treatment**

The change from being in treatment to after treatment can be difficult. People don’t always know what to do or expect or what they can do. This class can help.

**Register Online:**


If you are unable to register online, call 1-855-258-9963

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**CancerControl Alberta**

Leading care through compassion, courage, learning and discovery

www.cancercontrolalberta.ca

Resources, supports and information from prevention to treatment and beyond.

For more information: 1-855-258-9963
cancerpatienteducation@ahs.ca
### New Patient Class
This session will help prepare you for your medical care and give you information about the centre and support resources. Family and friends are welcome!

**Register Online:**
If you are unable to register online, call 1-855-258-9963

### How to Get Help for Your Finances and Other Basic Needs
This class is led by a Social Worker. During the class you will:
- Learn about the many sources of help for finances, medical insurance and drug coverage, transportation, accommodation
- Have the chance to ask questions about your specific needs and find out what supports are available

**Same session on each date**

**When:** 9:30 am – 10:30 am
- May 8 & 22
- June 12 & 26
- July 10 & 24
- Aug 14 & 28

**Where:**
Tom Baker Cancer Centre
CCB20 - Basement floor

**Register:** Not required

### Chemotherapy
*Help to Manage Your Treatments*
This general class is led by a nurse and will help prepare you for chemotherapy and how to manage side effects. Family members and/or friends are welcome to attend.

**Same session on each date**

**When:** Time and date provided at time of booking

**Where:** Tom Baker Cancer Centre

**Register:** An appointment is required and you should be scheduled to attend.
If you have not been scheduled and would like to attend, call 403-521-3722.

### The Power of Nutrition
*Eating Well During Cancer Treatment*
Eating well may not be easy when you have cancer and are undergoing treatments. This information session will help you maintain proper nutrition and manage treatment side effects.

**Register Online:**
If you are unable to register online, call 1-855-258-9963

### Lymphedema (Excessive Swelling)
*How to Reduce Your Risk and Get Help*
One of our Rehabilitation Specialists will teach you how to reduce your risk of developing lymphedema (an excessive swelling of a part of the body that is related to your cancer treatment), early signs and symptoms, and self-help strategies.

**Same session on each date**

**When:** 1:30 pm – 3:00 pm
- May 21
- June 18
- July 16
- Aug 20

**Where:**
Holy Cross Centre
2210 2 St SW
Oncology Clinics
Ground Floor, Room 20A/B

**Register:** Not required

### Nutrition Myths and Healthy Eating for Cancer
Sorting through all the diet information from the internet, friends, family and the media can be overwhelming and confusing. Get the straight facts from a Registered Dietitian.

**Register Online:**
If you are unable to register online, call 1-855-258-9963

### Look Good Feel Better
This complimentary workshop helps women manage the appearance-related side effects of cancer, including loss of hair, eyebrows and eyelashes and skincare.
Each woman who attends will get a free kit of cosmetics and will learn tips, techniques and tools from volunteers about skin care and how to manage side effects.

**Same session on each date**

**When:**
- 6:30 pm – 8:30 pm
  - May 23
  - June 27
  - July 25
  - Aug 22

**Where:**
Tom Baker Cancer Centre
Main floor - Boardroom CC105

**Online Registration at [www.lgfb.ca](http://www.lgfb.ca)**
(call 1-800-914-5665 for assistance with registration)
Other sessions at [Wellspring Calgary](http://www.lgfb.ca) or 1-800-914-5665