

DATE: February 21, 2017

Healing and Cancer Event Free Public Lecture & Day-Long Cancer Seminar

The Healing and Cancer Foundation and Prairie Mountain Health will be co-hosting two events in Brandon:

Free Public Lecture – How Understanding Your Brain Can Empower Your Life

Friday, April 7 from 7pm to 9pm

Location: Nurses Residence/150 McTavish Ave E/ Lecture Room N242

“Skills for Healing” Day-Long Cancer Seminar

Saturday, April 8 from 9am to 4pm

Location: Nurses Residence Building/ 150 McTavish Ave E/ Lecture Room N245

The Free public lecture is open and pertinent to everyone. This lecture draws on recent brain science which shows us our brains continue to change throughout our lifetime. Dr. Rob Rutledge teaches the essential healing skills in lively and interactive fashion. The evening is spiced with stories from his life as an oncologist, support group leader, and from his personal journey

The ‘Skills for Healing’ day-long seminar is open to anyone who has been touched by cancer, has been given a cancer diagnosis of any type or stage at any time (may bring along a family member/ friend). Attendees learn healing skills like mindfulness-based stress reduction, art therapy, meditation, reframing difficult thoughts and simple visualizations. An essential component is allowing people to share and reflect on their experience in a safe and supportive environment.

The Friday public lecture is free. The cost of the Saturday seminar is \$10 per person and lunch will be provided. For more information or to register for the seminar, please email ktischinski1@pmh-mb.ca or call **204.638.2198**.

Contact: Monica Truffyn, Communications Coordinator
204-578-2319

HOW UNDERSTANDING YOUR BRAIN CAN EMPOWER YOUR LIFE

On the Cancer Journey



Brandon Public Talk | Friday April 7th, 2017 | 7-9pm



Dr. Rob Rutledge
Radiation Oncologist
Associate Professor
Dalhousie University
NS Cancer Centre

- How to get Complete Cancer Care
- The mind-body and body-mind connection
- Practical Healing Skills based on brain science
- How to reframe difficult thoughts and emotions

FREE PUBLIC TALK FOR ALL TYPES OF CANCER

Brandon Regional Health Center | Nurses Residence Building | 150 McTavish Ave East
Lecture Theater room N242 | Register: ktischinski@pmh-mb.ca or 204.638.2198

info@healingandcancer.org | www.HealingandCancer.org

SKILLS FOR HEALING

Day-Long Cancer Seminar



Brandon | Saturday April 8th, 2017 | 9am - 3 pm



Dr. Rob Rutledge
Radiation Oncologist
Associate Professor
Dalhousie University
NS Cancer Centre

- How to get complete cancer care
- Empowering the body
- Stress reduction and mind-body techniques
- Mindfulness and other healing skills
- Meditation & informal discussion

Open to anyone touched by Cancer | Cost is \$10, lunch will be provided.

Brandon Regional Health Center, Nurses Residence Bldg. | 150 McTavish Ave E. | N245
To Register: ktischinski@pmh-mb.ca or 204.638.2198

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