



THE CENTRE FOR  
HEALTH  
INNOVATION

*Your key to good health*

ONLINE PROGRAM!

# HEAD START

A program of self-agency and support for women  
newly diagnosed with breast cancer

The Centre for Health Innovation (CHI) is offering this program to help people in the first stages of conventional treatment feel less alone and confused, and better prepared for what lies ahead. Participants do not have to be patients at the CHI.

Through informational talks, group support, and guided activities, *Head Start* participants will explore:

- ✓ Nutrition
- ✓ Exercise
- ✓ Mind Body Practices
- ✓ Stress Management
- ✓ Integrative Medicine
- ✓ Healthy Lifestyle



**Facilitated by:** Anne Pitman (M.Sc., EYRT-500, C-IAYT), this FREE online program allows participants to experience improved quality of life, reduced side effects of treatment, lowered anxiety and depression, increased stamina, and better overall health outcomes.

**WHEN:** Will run for 6 weeks every Thursday from February 3 - March 10  
from 9:30 a.m. - 12 p.m.

**WHERE:** Online with ZOOM ( [Click here](#) to learn how to join with Zoom)

**REGISTER ONLINE** by January 24 at [www.thechi.ca/headstart](http://www.thechi.ca/headstart) or call **613-792-1222**

*Thanks to our donors this is a fully subsidized program and there is no cost to participate.*