



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 October 28 - December 2
from 9:30 a.m. - 12 p.m.

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

REGISTER ONLINE by October 22 at 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.