

**CCNM**Patterson Institute for  
Integrative Oncology ResearchTHE CENTRE FOR  
**HEALTH  
INNOVATION**

# HEAD START

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

The Patterson Institute for Integrative Oncology Research is offering this program through The Centre for Health Innovation (CHI). Head Start is designed 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 is designed to improve quality of life, reduce side effects of treatment, lower anxiety and depression, increase stamina, and improve overall health outcomes.

**WHEN:** Will run for 6 weeks every Thursday from February 26 to April 2, 2026  
from 9:30 a.m. - 12 p.m.

**WHERE:** Online with ZOOM

**REGISTER ONLINE** by Tuesday, February 24 at [thechi.ca/headstart](https://thechi.ca/headstart) or call **613-792-1222**

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