

The Healing Journey Programme



**Bringing Mind and Spirit into
the Cancer Journey: Talk & Discussion**
6-8pm 26th June 2008 at

THE CANCER RESOURCE CENTRE

The Healing Journey is a well-tested and researched psycho-educational developmental programme that helps people with cancer, their carers and family members to improve their quality of life.

The talk will be given by Dr Alastair Cunningham of the Ontario Cancer Institute whose research has shown how much people can do to diminish the distress cancer brings by learning self-management techniques. The talk is relevant for health professionals, and people with cancer and their carers.



Tickets (£10) can either be bought on the door or booked in advance. Tickets are free for people with cancer and carers. If you would like to book tickets, please use the booking form at:
www.cancer-resource-centre.org.uk/hjtalk.html

THE CANCER RESOURCE CENTRE

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