



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community



Ottawa Regional
**Cancer
Foundation**

Alan P. Sentance Educational Lecture Series Presents: **Cancer Coaching** **A Beneficial Service For Families Facing Cancer**

Are you or someone you care about facing a cancer diagnosis?

Are you caring for someone with cancer?

Have you lost a loved one to cancer?

We can help! Plan to attend this very informative session to learn more about the Ottawa Regional Cancer Foundation's Cancer Coaching health service. This person-centered care that will provide you the opportunity to work with a health care professional at no cost to you, and aims to empower individuals living with cancer and their caregivers to enhance their own well-being and improve their quality of life. The focus is on the whole person not the disease.


This is a **free** seminar. All in the community are welcome and encouraged to attend.

Please note and respect that our centre is scent free.

Please register in person or call Front Reception to reserve your spot.

**Tuesday, January 29th 2019
12 - 1pm**

The Good Companions Seniors' Centre



The Good Companions - 670 Albert St - (613) 236-0428
Parking available (\$2.50/day)
OC Transpo routes: **8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.**