



Photo Credit: Pixabay

Welcome to the newest issue of the Cedars CanSupport Information Bulletin

Vol. 1, Issue 7
June 2020

What's New?

Important Notice

**Cedars CanSupport is closed
on the following days:**

Wednesday, June 24th 2020

Wednesday, July 1st 2020

Thank you for your understanding.

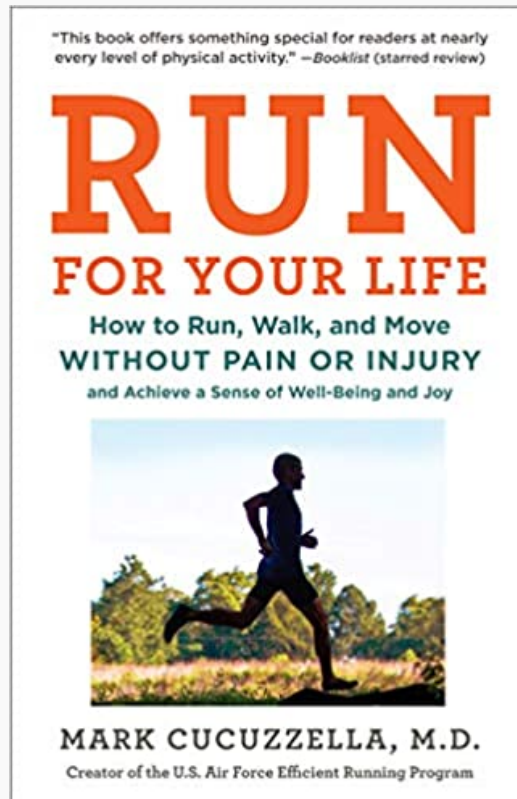


Our Virtual Program Calendar is out!

[Click here to consult the calendar](#)

Book Suggestion of the week

Run for Your Life: How to Run, Walk, and Move Without Pain or Injury and Achieve a Sense of Well-Being and Joy by Mark Cucuzzella



Excerpt from back cover: "In *Run for Your Life*, Dr. Mark Cucuzzella gives us a straightforward, easy-to-follow look at the anatomy, biomechanics, and nutrition of running. With clear drawings and black-and-white photographs, the book provides illustrated exercises designed to teach healthy running, along with simple progressions and a running schedule that shows the reader how to tailor their training regimen to their individual needs and abilities."

Be Sun Safe



Photo Credit: Plxabay

Check out the articles from the Canadian Cancer Society to learn about why it is important to protect your skin and your eyes from the sun, and useful tips on ways to do it.

[Click here to learn more](#)

New video from the Rossy Cancer Network



Photo Credit: Rossy Cancer Network

The Rossy Cancer Network made a new video about how to maintain a healthy mind and how to cope with anxiety during the COVID-19 pandemic.

This video is available in English, French, Spanish, and Portuguese.

[Click here to watch the video](#)

New guide available from the MUHC Patient Education Office

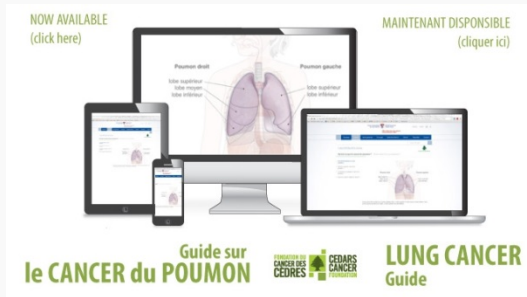


Photo Credit: MUHC Patient Education Office

The MUHC Patient Education Office has published a new guide for patients and their families on lung cancer.

[Click here to consult the guide](#)

CHAMPIONS in triage

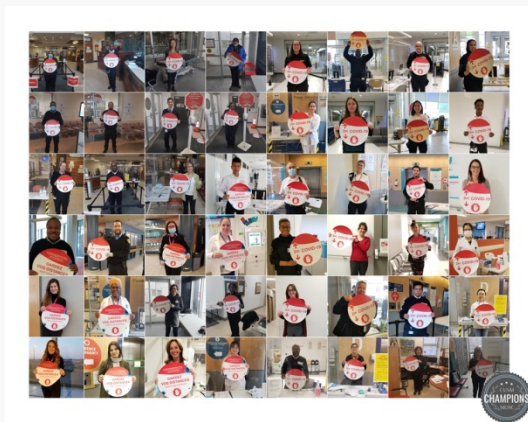


Photo Credit: McGill University Health Centre

We invite you to read this article which highlights the dedicated work of MUHC employees working in triage.

[Click here to read the article](#)

"It is during difficult times that one can find how resilient one can be"

Our second reading suggestion deals with the topic of resilience in cancer patients in the context of the current pandemic.

[Click here to read the article](#)

Thank you for reading our information bulletin! We hope you enjoyed this issue.

Cedars CanSupport Team