



Photo Credit: Pixabay

Welcome to the newest issue of the Cedars CanSupport Information Bulletin

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July 2020

What's New?



**FONDATION DU
CANCER DES CÈDRES
CEDARS CANCER
FOUNDATION**



Photo Credit: Cedars Cancer Foundation

FL FULLER LANDAU CEDARS DRAGON BOAT VIRTUAL CHALLENGE

Join the Virtual Movement!

We are coming up to the 15th year holding the incredible Dragon Boat Virtual Challenge. As you are aware, the current pandemic has pushed schedules back.

The Cedars Cancer Foundation is inviting you to challenge yourself and to continue your support, as this year they will be transitioning to a virtual

platform.

There are not 1 but 4 different challenges for you to choose from. As a team and individual you will be giving yourself a goal and a fundraising goal that you'll have to complete by Saturday, September 12th, 2020. The Cedars Cancer Foundation is encouraging participants to go outside while maintaining a healthy and safe distance from others.

All funds raised will support complimentary programs and services to improve the quality of life for cancer patients and their families.

[Click here to find more information](#)

Take a look at our Virtual Summer Programs!

Our virtual programs are free of charge and are all accessible online via Zoom to cancer patients and their loved ones.

You can simply register by e-mailing us at cedarscansupport@muhc.mcgill.ca or by giving us a call at 514-934-1934 extension 35297.



CEDARS CANSUPPORT VIRTUAL SUMMER PROGRAMS

Music Therapy Workshop, The Sound of Wellness

Thursday, July 9 2020

2:00-2:30pm (French)

3:00-3:30pm (English)

Meditate, Relax & Breathe (Weekly)

Tuesday, Wednesday and Friday

11:00-11:30am (Bilingual)

Patient Support Group - Facing Cancer at a distance

Tuesday, July 14 – August, 18 2020 (6 sessions)

2:00-3:30pm (French)

Patient Support Group in English (more information to follow)

All virtual programs are accessible via Zoom.

For Information & Registration:

514-934-1934 ext: 35297

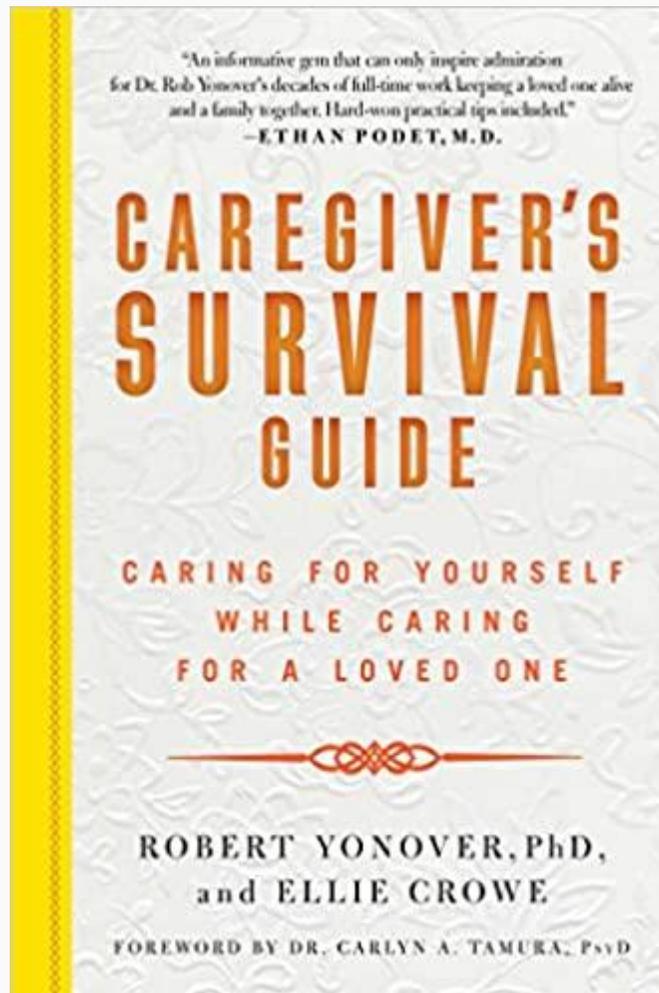
cedarscansupport@muhc.mcgill.ca



Book Suggestion of the Week

Caregiver's Survival Guide: Caring for Yourself While Caring for a Loved

One by Robert Yonover and Ellie Crowe



Excerpt from back cover: "*Caregiver's Survival Guide* is based on Dr. Robert Yonover's personal experiences. While struggling to become a successful scientist and inventor, he also was primary caregiver for his paralyzed wife for more than twenty years and raised their two children. Yonover takes you into the throes of his life as a caregiver, husband, and father, offering guidance and hope through his story. Through *Caregiver's Survival Guide*, Dr. Yonover will equip other caregivers

who face similar physical, mental, social, and financial challenges with tips and guidelines from his own experiences and other experts to help make their situation survivable."

Centre universitaire
de santé McGill



McGill University
Health Centre

New MUHC parking rates



Photo Credit: McGill University Health Centre

The MUHC has updated its parking rates. We invite you to consult the new parking rates by clicking on the link below.

If you have any questions, please call the Customer Service Parking Office at 514-934-1934 ext. 32330

Click here to learn more



Look Good Feel Better offers two different virtual workshops - one for

Virtual Workshops



Photo Credit: Look Good Feel Better

**Skincare & Cosmetics
and another on Wigs &
Hair Alternatives.
Feel free to sign up for
one or both.**

**Click here to
register**

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

Cedars CanSupport Team