

Photo Credit: Pixabay

Welcome to the newest issue of the Cedars CanSupport Information Bulletin

Vol. 1, Issue 10
August 2020

What's New?

CEDARS CANSUPPORT UPDATES

Hello,

Please take note that our on-site workshops and activities at the Cedars Cancer Center continue to remain closed until further notice due to the current pandemic. However, it is still possible to communicate with us by email at rola.mouchantaf@muhc.mcgill.ca, or by phone at 514-934-1934 at extension 35297.

Currently, we are facilitating weekly **MEDITATE, RELAX, & BREATHE** online sessions, where you will have the opportunity to discover and practice techniques to relax, balance, and experience a sense of well-being. Guided gentle movements will be included in each session. The sessions are accessible virtually via Zoom software application.

We will continue to update you with our news and upcoming Fall 2020 program developments.

Thank you!

The Cedars CanSupport Team

cansupport.ca



FONDATION DU
CANCER DES CEDRES
CEDARS CANCER
FOUNDATION



Centre universitaire
de santé McGill

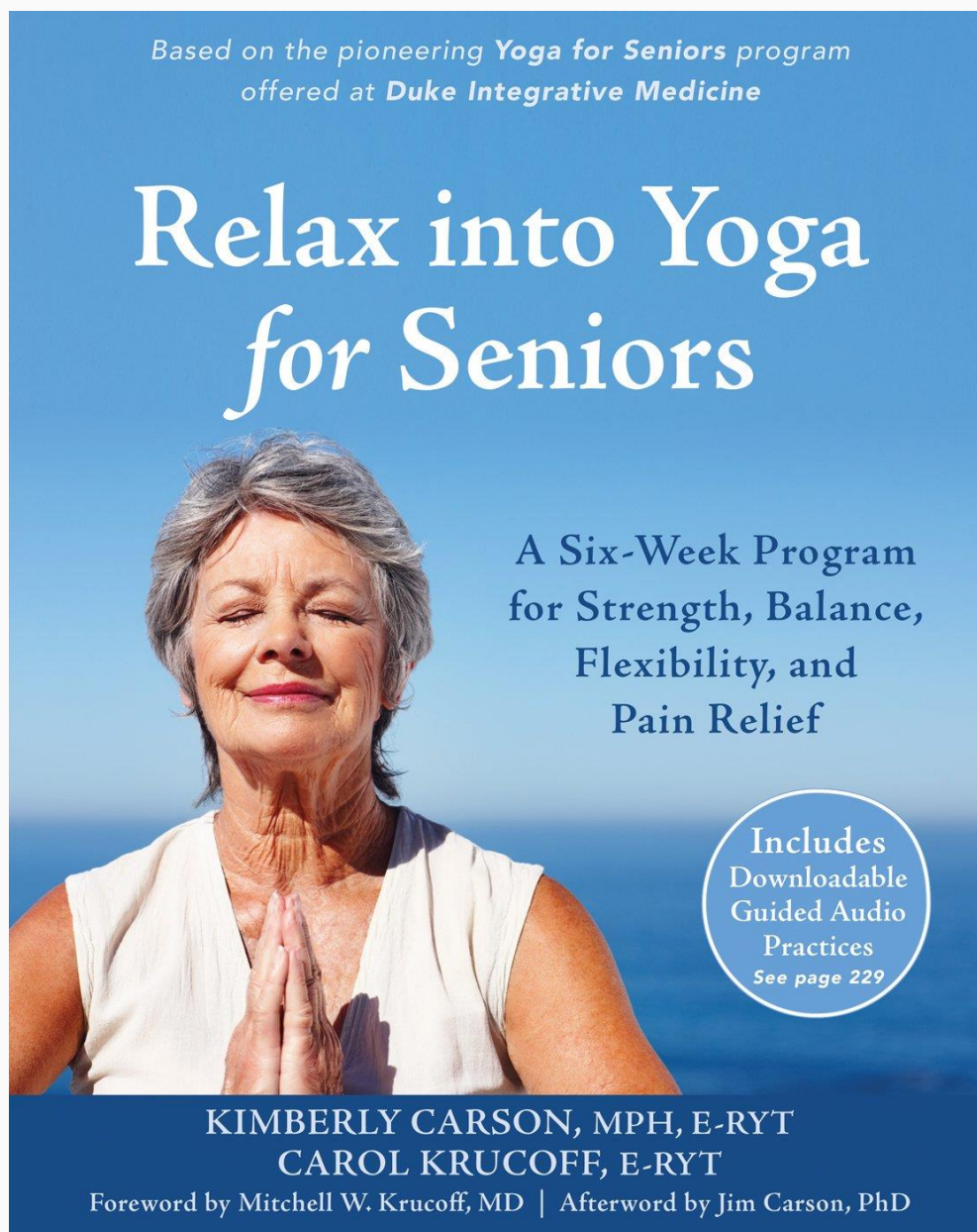


McGill University
Health Centre

Book Suggestion of the Week

*Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility,
and Pain Relief*

by Kimberly Carson and Carol Krucoff



Excerpt from back cover: "*Relax Into Yoga for Seniors -based on the innovative Yoga for Seniors program, and including new material for fans of the Relax Into Yoga for Seniors DVD-provides a step-by-step guide that combines the best of modern, evidence-based medicine with the ancient wisdom, experience, and tradition of yogic teachings. With this book, you'll explore what yoga is and how to*

do it safely, including important movement considerations like how to get up and down from the floor with care, and how to stand and sit with healthy postural alignment."

Lanaudière Festival



We invite you to take a moment of respite and take a look at the online concerts and movies offered by the Lanaudière Festival.

[Click here for more information](#)



**FONDATION DU
CANCER DES CÉDRES
CEDARS CANCER
FOUNDATION**

Join the Virtual FL Fuller Landau Cedars Virtual Dragon Boat Challenge!



Photo Credit: Cedars Cancer Foundation

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 for more information](#)

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

Cedars CanSupport Team
