

LETHBRIDGE SPEAKER EVENT

For those living with cancer and their caregivers

If it's raining and you have an umbrella, use it.

Friends, family, and
professionals welcome!

At times when much of our life can seem out of our control, it is even more vital to take charge of the things - even small things - that we can do something about. Never underestimate the impact on our well-being that small steps can make. And notice how often small steps lead to significant change.

When | May 8, 2024 | 1 - 3pm

Cost | Free

Where | Lethbridge Main Branch Library
810 5 Ave South
Lethbridge, AB

Speaker: Trudy Boyle

Trudy has dedicated the last 30 years to the study and practice of Japanese Psychology, and in particular the educational components of Morita Therapy and Living Well with Illness.

Register at wellspringalberta.ca or call 1.866.682.3135