

CANCER RELATED FATIGUE



Cancer Related Fatigue (CRF) is one of the most common and distressing side effects of cancer and cancer-related treatments. It is usually described as a persistent sense of physical, emotional, and cognitive tiredness that is not related to activity and doesn't necessarily go away after rest.

This four-part program will help you acknowledge the impact fatigue is having on your life and provide strategies to mitigate and minimize its impact.

There is no charge to participate.



For more information
or to register, visit:

wellspring.ca

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.