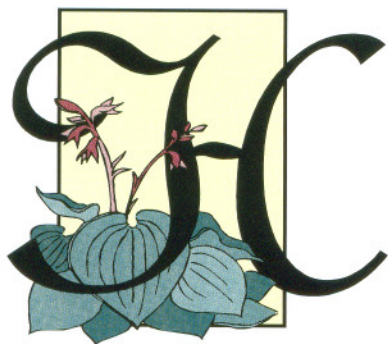




# HEALING CONNECTIONS:

ENRICHING THE BODY, MIND,  
AND SPIRIT OF WOMEN  
DIAGNOSED WITH BREAST CANCER





**W**elcome to the 'Healing Connections' program! This program was established for women diagnosed with breast cancer. Various health care professionals will provide information and support on topics related to your surgery and your post-operative recovery period.

The following information package gives details on how to register, times of sessions, and a description of the material that will be covered in the classes. As well, we are including a contact phone number for registering and for general information on the 'Healing Connections' program.

We look forward to your involvement in the program!

## INFORMATION SESSIONS

**CLINICAL NUTRITION** will provide information on optimal nourishment for healing, during chemotherapy/radiation, and healthy normal nutrition.

**PHYSIOTHERAPY** will provide information and exercise sessions to regain normal posture, shoulder range of movement and strength.

**OCCUPATIONAL THERAPY** will discuss energy conservation techniques, lymphoedema, and general lifestyle changes.

**NURSING** will provide healthcare information about your surgery and recovery period as well as provide information about cancer treatment.

**SUPPORT VISITORS** provide one on one and/or group sessions with breast cancer survivors.

## ACCESSING THE PROGRAM

You can access the program in one of three ways:

1. If your surgery will be performed in Day Surgery, your doctor may refer you to our program before your surgery date. In this pre-operative session you will speak with Physiotherapy, Nursing, and Support Visitors. You may carry on with the program after your surgery, which will include classes with the previously noted health care professionals as well as Clinical Nutritionists and Occupational Therapists.
2. If you attend the Pre Admission Clinic, information will be given to you on how and when to book into the program.
3. If you did not receive any information before your surgery you can refer yourself to the program after you have been discharged from the hospital.

**PHONE**

(780) 735-2768

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Your first appointment is scheduled for \_\_\_\_\_.

Register with admitting in the main lobby at about 7:30 a.m.

Admitting will direct you to the check in room. The program

starts at 8:00 a.m. **Please call Outpatient Booking at (780) 735-2768 if you are unable to attend this appointment or**

**you need to reschedule.** Also call this number if you have any

questions about the program. Note that you must register at

admitting for each subsequent appointment. We look forward to

seeing you!

HEALING CONNECTIONS runs weekly at the

Misericordia Community Hospital

MISERICORDIA OUTPATIENT BOOKING

PHONE:

(780) 735-2768