

Wellspring Alberta's



RETURNING TO WORK

Cost: Free

Where: Online via Zoom

Who: Adults living with cancer - those diagnosed and caregivers

This six week program is designed to address work following cancer by providing support and strategies to move forward. It offers personalized preparation for returning to work, tips on managing health and personal information at work, and assistance in developing a primary self-care plan to support sustained health and wellness.

To learn more visit wellspringalberta.ca or call 1.866.682.3135.