



SURVIVING CANCER

What is CancerBridges?

CancerBridges exists to help you make the rest of your life the best of your life. It is a provincial team of cancer professionals and survivors dedicated to delivering evidence-based care for survivors.

What we do for you:

- Connect you with helpful services in your community
- Develop educational and supportive programs to help you deal with the physical, emotional, mental and economic issues related to surviving cancer
- Conduct ongoing research to better understand and meet the needs of survivors



THANK YOU FUNDERS AND PARTNERS WHO MAKE CANCERBRIDGES POSSIBLE

- The Enbridge Research Chair in Psychosocial Oncology
- Alberta Cancer Foundation
- Canadian Cancer Society
- Wellspring Calgary
- Breast Cancer Supportive Care Foundation
- Canadian Partnership Against Cancer
- Canadian Breast Cancer Foundation
- CancerChat Canada

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Live Your Best Life
with Cancer
and Beyond

www.CancerBridges.ca



LIVING WITH CANCER AND BEYOND

CancerBridges.ca Website

This website is the hub of activity for everything around survivorship in Alberta. You can:

- Browse the weekly blogs and post your own comments
- Watch videos on the “Myths of Survivorship” and helpful advice from the experts
- Search the **Calendar of Events** for educational and supportive events in Alberta

Check back regularly for new information and updates.

The Survivor Network

We have developed a network to keep you connected. As a member of the Survivor Network you will be able to:

- Stay up to date on local educational and supportive events
- Participate in research projects that will lead to advances in care for survivors
- Share your story with other survivors and cancer care professionals
- Be a powerful and effective voice in creating an informed public outlook on cancer issues

Sign up to receive the monthly survivorship newsletter on CancerBridges.ca

The definition of Survivorship is living with cancer and beyond. Survivorship covers the physical, emotional, mental and economic issues of cancer from diagnosis until the end of life. Caregivers, family members and anyone else impacted by cancer is also a survivor.

LIVING YOUR BEST LIFE WITH CANCER AND BEYOND EDUCATION SESSIONS

TOPICS COVERED:

How to Deal with Brain Fog - Think Clearly and Remember More

Highlights of Survivorship Research

Get Moving - How Exercise May Enhance and Extend Your Life

Personal Stories of Cancer Survivors

The Energy to Fight Fatigue

Dealing with Fear and Uncertainty

Late and Long Term Effects of Cancer Treatments - What to Watch Out For and What You Can Do

Complementary and Alternative Therapies - What Works and What Does Not

These sessions can be viewed anytime online at CancerBridges.ca or watched live on TeleHealth.

To find out about upcoming events:

- Visit CancerBridges.ca/events
- Sign up for the Survivor Network e-Newsletter
- Or call 403.923.8032 for more information.