



**LOOK GOOD  
FEEL BETTER**

HELPING WOMEN WITH  
CANCER FEEL LIKE  
THEMSELVES AGAIN

The best medicine doesn't always come in a bottle – that's why Look Good Feel Better provides complimentary workshops.

The two-hour workshop offers:

- Information on how to alleviate appearance-related effects of cancer and its treatment, including cosmetic hygiene, sun care, skin care, cosmetics and nail care
- Discussion and demonstration on hair alternatives

It's more than makeup – it's a safe environment alongside other women dealing with similar issues and challenges.

You'll also take home a complimentary kit with information and products.

For more information or to register for a workshop visit: [lgfb.ca](http://lgfb.ca) or call 1-800-914-5665.



@LGFBCanada

### **At Winchester District Memorial Hospital**

Wednesday, February 26 - 6 to 8 pm

Wednesday, April 22 - 6 to 8 pm

Wednesday, June 24 - 6 to 8 pm

Wednesday, September 23 - 6 to 8 pm

Wednesday, November 25 - 6 to 8 pm