

RECLAIMING YOUR LIFE AFTER PROSTATE CANCER

STRAIGHT TALK
About Sexuality, Connection & Empowerment



8:30 - 9:00
Registration & coffee

9:00 - 10:30
Lecture & experiential
exercise

10:30 - 10:45 Break

10:45 - 12:30
Stress / Reframing Lecture
& activity

12:30 - 1:30 Lunch
(provided)

1:30 - 2:45
Sexuality teaching

2:45 - 3:00 Break

3:00 - 4:00
Relationship session

4:00 - 4:30
Final Reflections &
Evaluation

Day-Long Seminar: Saturday April 21, 9am-5pm | OTTAWA, ON

OMS Montessori School 335 Lindsay Street (Alta Vista area)

Advance tickets required \$25.00 per person Lunch included (free parking)

For details or to register visit www.pccnottawa.ca/news/seminar

For more info email us at events@pccnottawa.ca or call 613.828.0762



Dr. Rob Rutledge
Oncologist, NS Cancer Centre
Associate Professor, Dalhousie
University



Dr. Gabriela Ilie
Psychology Professor
Prostate Cancer Researcher
Soillse Scientist,
Dalhousie University

Learn the science and practice of

- Complete Prostate Cancer Care
- Mind-body techniques for CaP
- Healthy sexuality (solutions for ED)
- Promoting loving connection

Open to all men and their families affected by prostate cancer

Presented by Prostate Cancer Canada Network Ottawa

Pre-registration required: (No tickets sales at the door)

www.HealingandCancer.org

