



LOOK GOOD, FEEL BETTER

Free Workshop Programs

10 am to 12 noon
@ Royal Inland Hospital
8th Floor Cancer Clinic

Each participant receives complimentary kit of cosmetics and skin care products donated by the Canadian Cosmetic, Toiletry and Fragrance Association.

2013 Schedule

Friday, January 4th	Friday, July 5th
Friday, February 1st	Friday, August 2nd
Friday, March 1st	Friday, September 6th
Friday, April 5th	Friday, October 4th
Friday, May 3rd	Friday, November 1st
Friday, June 7th	Friday, December 6th

Participants will have the opportunity to learn makeup tips, hair alternatives, nail, skin care and cosmetic hygiene.

HAT, SCARF AND WIG LENDING BANK

- Hair loss is a common side effect of chemotherapy and in most cases it is temporary. It usually occurs about 1 to 3 weeks following the first chemotherapy and the loss of hair can be complete, or occur in patches or sometimes the hair just becomes dull, thin and dry.
- Please refer to page 21 of the booklet “Chemotherapy: A Guide for People with Cancer” for tips on how to deal with hair loss.
- As hair loss can be an emotional event for many, the Afternoon Auxiliary to RIH has graciously set up a kiosk of wigs, hats and scarves for you to borrow. This is located at the end of the chemotherapy hallway.
- For hygiene reasons, kindly follow the instructions at the kiosk on how to use the wig socks, prior to trying on the wigs. If you need assistance with this process, please ask a volunteer to guide you.



For Additional Information please contact:
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