

Integrative Oncology Programme

JANUARY - JUNE
2024 SCHEDULE

A twice monthly support group guiding you through holistic strategies designed to nourish and empower you during or after your cancer diagnosis. Join us for some or all sessions. Open to anyone in Bermuda who has or has had cancer - and caregivers too!

Provided by PALS (overseen by Dr. Alikhani) in partnership with:
Catherine Burns *Nutritional Therapist, Waterfront Wellness*
Dr. Karen Dyer *Chartered Counselling Psychologist*
Fiona Couper-Smith *Reflexologist & Holistic Therapist*
Ewa Gutowska *Yoga Instructor & Life Coach*
Shaimeka Ingham *Medical Social Worker*



WITH EWA



For more information, please contact:

Colleen English De Grilla | Executive Director at PALS | cedegrilla@pals.bm | 236 7257

SEE OVER FOR SCHEDULE

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Sessions will take place on Fridays on the below dates:

JANUARY	12th	12:30PM – 1PM Reflexology with Fiona 1PM – 2PM Nutrition with Catherine 2PM – 3PM Movement with Ewa
	26th	1PM – 2:30PM Psychology with Dr Karen and Shaimeka

FEBRUARY	9th	12:30PM – 1PM Reflexology with Fiona 1PM – 2PM Nutrition with Catherine 2PM – 3PM Movement with Ewa
	23rd	1PM – 2:30PM Psychology with Dr Karen and Shaimeka

MARCH	8th	12:30PM – 1PM Reflexology with Fiona 1PM – 2PM Nutrition with Catherine 2PM – 3PM Movement with Ewa
	22nd	1pm – 2:30PM Psychology with Dr Karen and Shaimeka

APRIL	12th	12:30PM – 1PM Reflexology with Fiona 1PM – 2PM Nutrition with Catherine 2PM – 3PM Movement with Ewa
	26th	1PM – 2:30PM Psychology with Dr Karen and Shaimeka

MAY	10th	12:30PM – 1PM Reflexology with Fiona 1PM – 2PM Nutrition with Catherine 2PM – 3PM Movement with Ewa
	*31st	1PM – 2:30PM Psychology with Dr Karen and Shaimeka * on May 31 st due to May 24 th holiday

JUNE	14th	12:30PM – 1PM Reflexology with Fiona 1PM – 2PM Nutrition with Catherine 2PM – 3PM Movement with Ewa
	28th	1PM – 2:30PM Psychology with Dr Karen and Shaimeka

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