



# NEW FRONTIERS

## Symptom Management: Strategies to Help you Live Well with Cancer

Join us for a conversation with Kylie Teggart RN, PhD, a certified oncology nurse, and Wellwood volunteer, as we explore practical, evidence-based strategies to support symptom management while living with cancer. Kylie will discuss common symptoms such as fatigue, pain, anxiety, and sleep challenges, and share approaches that can improve comfort and quality of life. Learn how Wellwood's programs and services can support you and your loved ones throughout this journey.



Date  
**TUE, MAR 10**

Time  
**07.00 PM EST**

Register at  
**[www.wellwood.ca](http://www.wellwood.ca)** or  
**905-667-8870**



*Guest Speaker*

**Dr. Kylie Teggart RN,  
CON(C)**



*Moderated by  
Wellwood Volunteer*

**Diana Oddi**