



LOOK GOOD
FEEL BETTER®

HELPING WOMEN WITH CANCER FEEL LIKE THEMSELVES AGAIN

Learn to manage the appearance-related impact of cancer treatment with Look Good Feel Better. Join a supportive community in a small-group format to learn and share.

Led by expert volunteers via an easy-to-use video conference platform, our free online workshops for **women facing cancer** provide information on:

- 1 **makeup hygiene**, the loss of eyebrows and eyelashes, sun safety, **cosmetics** as well as **skin** and **nail care**
- 2 demonstration of various **hair alternatives**, tips on wig selection and easy scarf-tying techniques
- 3 **post-surgical bras** and **breast forms**

Women facing cancer are welcome to register for all or one online workshop at lgfb.ca or by phone 1-800-914-5665.

Visit our website for more online resources and re-opening details of the in-person workshop near you.



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