

Thursday, March 2, 2023

Delicious! food tastings at PWNHC

Date and Time: Thursday, March 2 12:00 pm - 2:00 pm

Address: 4750 48 Street

Join us on Thursdays to sample different delicious country foods and celebrate northern food.

Location: Prince of Wales Northern Heritage Centre Café

Take time after you eat to visit Delicious!, an archival photography exhibit from the NWT Archives, showcasing the ways that northerners gather, prepare and enjoy food.

Wednesday, March 8, 2023

Lymphatic Drainage ~Self-Massage for Upper Limbs~

Date and Time: Wednesday, March 8 7:00 pm - 8:00 pm

Address: Northern United Place

Your lymph nodes are part of an important system that helps move fluids in your body. This system can be affected when you are undergoing cancer treatments and can cause temporary problems or a lifetime concern for lymphedema.

Join Christina Vernon, NWT Registered Massage Therapist, on understanding your lymphatic system, how it works and what is lymphedema. Christina will share how to do manual lymphatic drainage (MLD) on yourself, self-care tips, and what to do when experiencing lymphedema.

This program will be in-person.

This program is available to all NWT residents who have experienced a cancer diagnosis or are a caregiver to someone with cancer. **Registration is limited to 15 people and FREE for participants.**

To register, please send an email and your phone number by Monday, February 27th, 2023, to info@breastthealthnwt.ca A Board Member will contact you to confirm your participation and workshop location.

Sunday, March 26, 2023

Music at the Museum

Date and Time: Sunday, March 26 3:00 pm - 4:30 pm

Address: 4750 48th Street

Join the Prince of Wales Northern Heritage Centre (PWNHC) and Music Teachers' Association of the Northwest Territories for a series of monthly live music performances.

These free events are intended to provide a space for local music students of all ages to gather and enhance their experiences, and—most importantly—to have fun.

Time: Starting at 3 pm

Location: Prince of Wales Northern Heritage Centre Café, Yellowknife

Hosted by: Music Teachers' Association of the NWT

Please email mtamusicsundays@gmail.com for any questions on how to participate in this event.

Tuesday, March 28, 2023

Cancer Peer Support Group

Date and Time: Tuesday, March 28 7:00 pm - 8:00 pm

Address: PO Box 1672 Yellowknife NWT X1A 2P3

Are you a woman diagnosed with cancer? Going through treatment? Completed your treatment? Would you like to connect with other women having similar experiences? If you've answered "YES" to any of these questions, then a peer support group may interest you. It is an opportunity to share, learn, get support, and be with others who are also living with cancer. The NWT Breast Health/Breast Cancer Action Group invites you to join our monthly peer support sessions for women by women.

If you would like to attend this monthly Cancer Peer Support Meeting, please contact the Action Group's Peer Support Coordinator at YKpeergroup2025@gmail.com by 6:30 PM of THE DATE OF THE MEETING.

If you would like to arrange a one-on-one session with a trained cancer peer, please let the Coordinator know.

This is an in-person event and the AG will be adhering to all health precautions. **Masks are required by all attendees.**

Stay well.

