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Feel Better™**

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## For Immediate Release

### **NEW WORKSHOP IN ORANGEVILLE, ONT. HELPS WOMEN LIVING WITH CANCER TO *LOOK GOOD AND FEEL BETTER***

**TORONTO, ON (APRIL 1, 2004)** – Look Good Feel Better, the successful cancer-support program is pleased that women challenged by the appearance related side-effects of their cancer treatment now have access to the free, two-hour workshop in **Orangeville**. This national public-service program is dedicated to helping Canadian women living with cancer learn special cosmetic techniques and hair alternatives to manage the appearance-related side effects of cancer and its treatment and will offer a workshop at **Headwaters Health Care Centre** on **April 21, 2004**.

Since 1992, Look Good Feel Better (LGFB) has taught more than 450,000 women living with cancer about skin care and the use of cosmetic techniques and hair alternatives to help manage the appearance-related side effects of cancer and its treatment through one or more of its services. These include the free, two-hour workshops currently offered at more than 85 hospitals and cancer care facilities across Canada. Look Good Feel Better workshops, delivered by 1,700 industry-trained volunteers, teach a group of women about cosmetic hygiene, nail and skin care, hair alternatives and the program's "Signature 12-Steps" – a beauty regime where women learn how to recreate the look of eye lashes, give the illusion of eyebrows, minimize skin discolouration and add a healthy look to their complexion – and feel a little more like themselves again. Additionally, the group of women share common experiences, fears, concerns and laughter. Simply put, it's the "feel good" factor.

**In Orangeville, a free two-hour workshop will be held between 10:00 and 12:00 at Headwaters Health Care Centre on April 21, 2004.** Women interested in participating in a workshop are invited to register by calling Wendy Newfield, Hospice Dufferin, at 942-3313. **Women receiving treatment at other hospitals are welcome to participate in this workshop.**

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“Studies show that the side effects of cancer treatment are as devastating as the disease itself. Look Good Feel Better has an important role to play and is a valuable resource for women cancer patients who appreciate this life line, helping them regain their appearance during treatment,” says Elaine Brown, Director of Look Good Feel Better.

Look Good Feel Better workshops, the cornerstone of the program, are a “hands-on” experience thanks to the generosity of the member companies of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA) who donate funds as well as product to the program for use in workshops across Canada. Additionally, the CCTFA provides storage and warehousing services, media and promotional opportunities, and printing and production work for the program.

The first Look Good Feel Better workshop was launched in September 1992 at the Princess Margaret Hospital in Toronto. According to Dr. A.D. DePetrillo, then Head of Surgical Oncology for Princess Margaret Hospital, “Look Good Feel Better is truly an inspiring program which has a positive impact on the morale of people with cancer. Through simple techniques, the Program helps to boost the self-image of women undergoing cancer treatments. When receiving chemotherapy and radiation, a healthy optimistic attitude plays a tremendous role.”

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