

Date: February 8, 2010

For more information: Donna Walsh, 626-4857



**Feb. 17 seminar at HACCC to address cancer fatigue and offer tips to combat it**

Cancer-related fatigue is the most common side effect of cancer and cancer treatment.

MaineGeneral physical therapist Jason Lanouette will explain cancer-related fatigue and discuss how exercise can reduce fatigue and improve your quality of life.

This free informational session will start at 6 p.m. at the Harold Alfond Center for Cancer Care, 361 Old Belgrade Road, Augusta.

For more information or to register, please call Donna Walsh at 626-4857 or e-mail [donna.walsh@mainegeneral.org](mailto:donna.walsh@mainegeneral.org).