



Northern Cancer  
Question and Answer speaker series

# Fighting Fatigue:

## The role of exercise in cancer-related fatigue

Cancer Related Fatigue (CRF) is a complex syndrome with biological, psychological, and behavioural causes. This presentation will focus on the beneficial effects that exercise has on the factors that cause CRF and the role of exercise in managing CRF.



For more information, call: **684-7237**



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**Date**  
Wednesday, August 24th, 2011

**Time**  
7:00pm - 8:30pm

**Place**  
Auditorium A & B, 3rd floor,  
Thunder Bay Regional  
Health Sciences Centre

**Speaker**  
Elliott McMillan, MSc, CK