

SPRING 2016

FOUNDATION NEWS



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INCREDIBLY PROUD

It is an honour to be the President and CEO of CancerCare Manitoba Foundation. Every day I marvel at the amazing work being performed at CancerCare Manitoba by all the staff – from the front-line care providers to the background support professionals to senior leadership. I am filled with an immense sense of pride when I reflect on the commitment and compassion shown by the over 800 people who care for our province’s cancer patients and their family members.

I am also incredibly proud of the groundbreaking research and innovation that happens right here in Manitoba. In this edition you will read how Dr. Kirk McManus, PhD, and his talented team are undertaking research that will lead to advances in treating colorectal cancer. You will also learn about an innovative program that enables patients to administer their own plasma infusions in the comfort of their homes. And when I’m asked – “how are research and innovative programs such as these possible?” – my heart swells because our generous donors are the answer. CancerCare Manitoba receives core funding from Manitoba Health and the Foundation provides assistance that fills essential gaps such as research. CancerCare Manitoba Foundation funding is resulting in dramatically improved patient outcomes.

The pride I feel about our Foundation Board is overwhelming. We are so blessed many Manitobans continue to volunteer and give their time, expertise and passion to our cause. I want to recognize two of these individuals – Doug Harvey and Ida Albo. Beside my message you will read about the incredible honours recently bestowed upon these two great community leaders – Outstanding Philanthropist and Order of Canada. How fortunate we are to have them in OUR corner!

I am fulfilled by the support the Foundation team provides to CancerCare Manitoba and the dedication they demonstrate every day to making the cancer journey just a little bit easier. Like our volunteer leaders, our staff is passionate about what they do and know their efforts are making a tremendous difference.



Finally, the gratitude I feel toward you – our many individual and corporate donors – is beyond description. Since 2000 your generosity has enabled the Foundation to grant more than \$100 million to support CancerCare Manitoba’s priorities. I hope when you read this amount out loud, you are overcome by the same sense of pride that we at the Foundation feel.

With a full heart, I thank YOU for helping us create more together moments for Manitobans living with cancer.

Annitta Stenning
President & CEO



CONGRATULATIONS!

Congratulations to Doug Harvey, CancerCare Manitoba Foundation Board Chair on receiving the 2015 Manitoba Philanthropy Award for Outstanding Philanthropist. Doug joined the CancerCare Manitoba Foundation Board eleven years ago. Through personal, corporate and team donations, Doug has helped raise nearly \$700,000 for CancerCare Manitoba Foundation.



CONGRATULATIONS!

Congratulations to Ida Albo, CancerCare Manitoba Foundation Board member on her investiture into the Order of Canada in February in Ottawa. Ida has demonstrated an unwavering commitment to the well-being of our community.

CANCERCARE MANITOBA FOUNDATION BOARD

EXECUTIVE OFFICERS

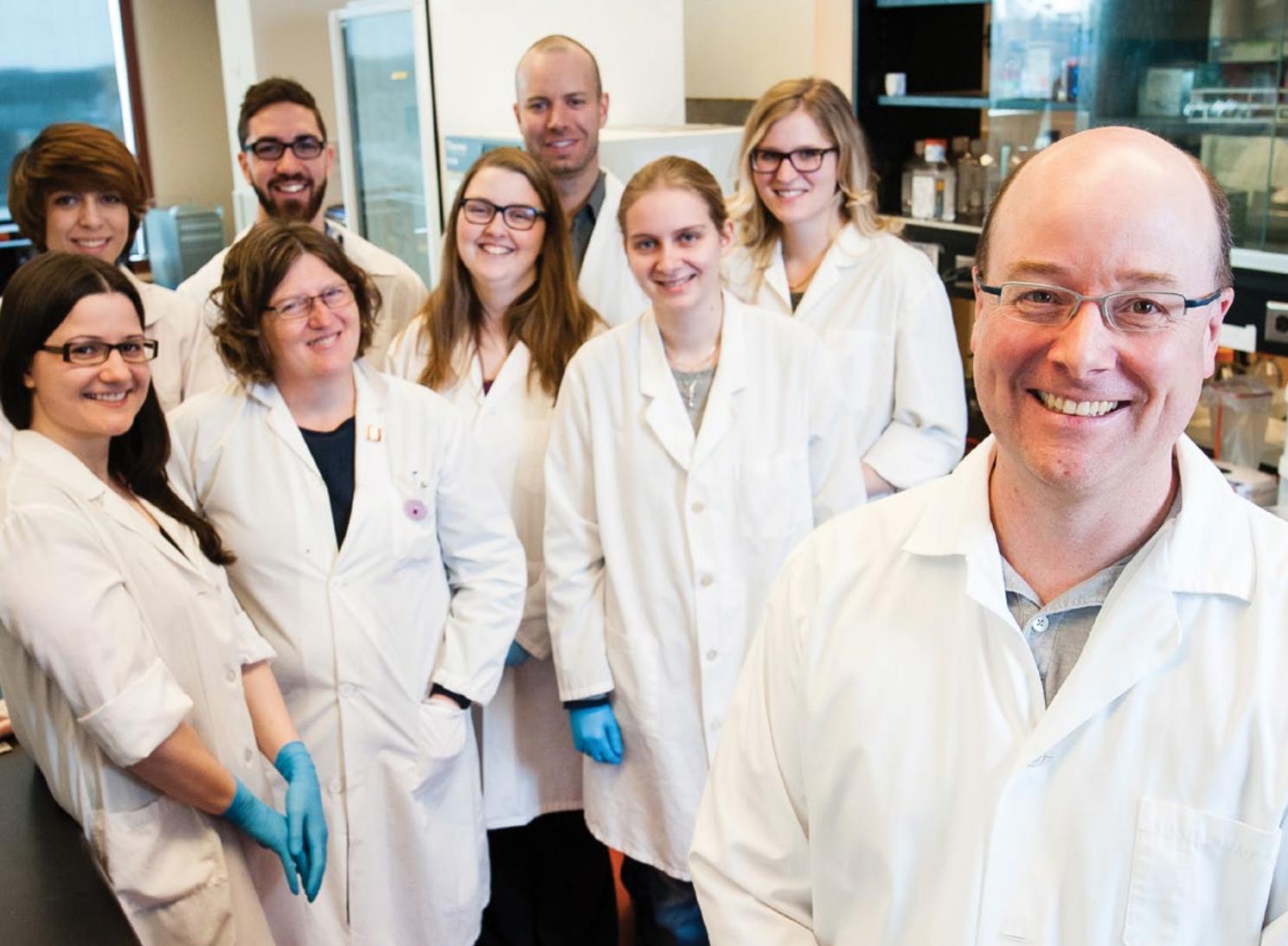
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BEST AND BRIGHTEST

Some of the world's best and brightest cancer researchers are working right here in Manitoba.

“CancerCare Manitoba Foundation studentships are critical to driving cancer research forward.”

Many of these researchers are graduate students. At CancerCare Manitoba's Research Institute in Oncology and Hematology (RIOH), grad students are making important discoveries that will lead to new advances in the treatment of colorectal cancer.

Colorectal cancer is the second leading cause of cancer-related deaths in North America.

Dr. Kirk McManus, Associate Professor and Senior Scientist at RIOH, says CancerCare Manitoba Foundation studentships are critical to driving cancer research forward.

“It's critical that new blood and new ideas can come to the forefront, and many of our students have received numerous awards,” he adds. “Studentship funds go directly to the students themselves, which allows them the freedom to continue their research and attend conferences to further and share their learning.”

Dr. McManus's lab has two major research interests involving chromosome instability, which has proven to be a precursor to cancer development.

“We want to identify the mutated genes that cause cancer, and see if we can design therapies that specifically exploit those mutated genes. Our research will support novel drug therapies and targets,” he explains. “If cancer is represented by Diet Coke, we’re looking for the Mentos. We’re looking for something that can cause an explosion and kill the cancer.”

“It’s all about paying it forward.”

Dr. McManus’s team has identified defects in numerous genes, including RAD54B, that cause abnormal chromosome numbers. These abnormalities are known to drive tumour development.

With this discovery, they are now working to identify and validate a drug that can selectively kill RAD54B-defective colorectal cancer cells.

CancerCare Manitoba Foundation’s operating grants and studentships support two PhD students, four full-time masters students, an undergrad research assistant, and two technicians in Dr. McManus’s lab.

“Our research is hugely impacted and accelerated by the studentships funded through the Foundation. We wouldn’t be anywhere near where we are right now without them,” says Dr. McManus. “We need to train the next generation of researchers. It’s all about paying it forward.”

Laura Thompson is one of those researchers. The fourth-year PhD student has been recognized for her work in identifying the genes responsible for chromosome stability.

Her position is paid for via a two-year award supplied by CancerCare Manitoba Foundation and Research Manitoba. The resources available at CancerCare Manitoba, which include patient samples from the tumour bank, have greatly assisted Thompson in her groundbreaking research.

“If we understand how chromosome instability occurs, we can better treat these cancers,” she says. “At CancerCare Manitoba I’ve had a lot of opportunities I might otherwise not have had. I’ve been able to perform excellent research in this lab.”

Dr. McManus’s team of research students has received national and international attention for their work, presenting their findings worldwide and publishing in peer-reviewed journals.



“Grad students are very important for driving the research forward in the lab. We perform the experiments, collect the data, and analyze the data,” says Thompson. “Funding is critical. We need funding for all of our grad students, and it’s important to get funding from outside sources. The quality of the work we do wouldn’t be possible without it.”

Thanks to your donations, CancerCare Manitoba continues to attract and retain young researchers like Thompson, who are our greatest hope in the fight against cancer. Together, we can—and are—making a difference.



Meet CancerCare Manitoba Researcher

DR. KIRK McMANUS, PhD

Dr. Kirk McManus was born and raised in Winnipeg. He graduated from Fort Richmond Collegiate in 1991 and from the University of Manitoba in 1995 with an honours Bachelor of Science degree. In 1999 he completed his Masters of

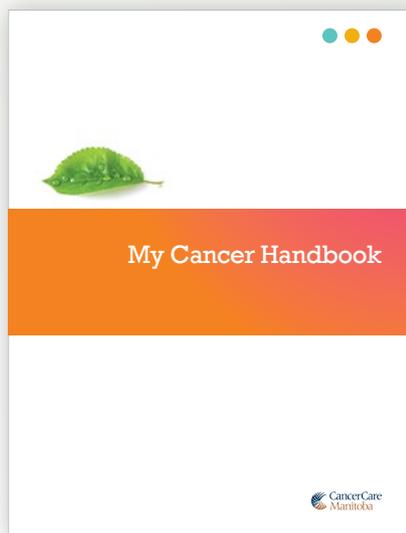
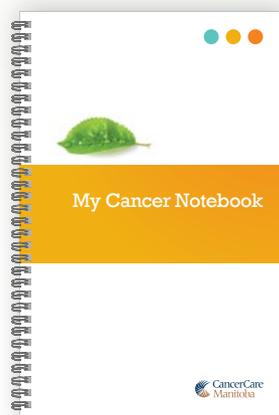
Science degree in human genetics. He then headed west for his PhD, graduating from the University of Alberta’s Cross Cancer Institute in 2004. He undertook his five-year post-doctorate work at the University of British Columbia at the Michael Smith Laboratories.

The Manitoba Institute of Cell Biology, now the Research Institute in Oncology and Hematology, recruited Kirk to come back to Winnipeg in 2009. A major attraction for Kirk to return home to Manitoba was the research start-up

package available for his lab. This start-up package and his salary for the first two years were funded by CancerCare Manitoba Foundation. Since 2009 the Foundation has also provided operational grants and funding for Dr. McManus’s research students.

An interesting fact about Dr. McManus... he originally started studying genetics because he had aspirations of leading a Royal Canadian Mounted Police forensics lab. As he moved through his studies he realized the impact his work could have on medical science. Manitobans are very fortunate he is at CancerCare Manitoba as they are benefitting from his team’s groundbreaking chromosomal instability cancer research.

Kirk and his wife Jacki have two daughters, Kaylee (11) and Lily (8). He is an active member of the Whyte Ridge community.



MADE-IN-MANITOBA CANCER PATIENT RESOURCES

Thanks to funding from CancerCare Manitoba Foundation, new resources are available for patients going through cancer treatment. Manitobans can use these new tools during their cancer journey to manage key contacts and keep important medical information such as appointment times and test results all in one place.

The development of these resources was patient-initiated, patient-led and patient-focused. “We believe this is one of the best set of resources for cancer patient and provider communication in the world,” said Karen Berube, one of two cancer survivors who volunteered many hours drafting these new resources.

“This project has been a labour of love to help over 6,000 newly diagnosed cancer patients in Manitoba each year. As cancer survivors, these materials are our legacy for cancer patients that follow behind us, to improve communication while going through treatment so they have a better journey,” Berube said.

“These patient-managed tools are improving the patient experience, by empowering patients and by actively engaging them in their own cancer care,” said Dr. Sri Navaratnam, President and CEO, CancerCare Manitoba. “Patients going to other health-care facilities for treatment, such as emergency departments and walk-in clinics, have their own personalized health information in their hands.”

The three-part information package includes:



Your Guide to CancerCare Manitoba

A brochure to help patients prepare for their first appointment with basic information and contact numbers.

The guide is mailed to cancer patients before their first visit to CancerCare Manitoba.



My Cancer Notebook

A journal for patients to organize their care and treatment information.

The notebook is available at CancerCare Manitoba’s Patient and Family Resource Centre, most hospitals, Cancer Hubs throughout the province and many QuickCare Clinics.



My Cancer Handbook

A comprehensive online reference that includes everything in the brochure and notebook, plus extensive information on cancer treatments, side effects, healthcare teams and support services for patients and their families from a Manitoba perspective.

The handbook is available online at CancerCare Manitoba’s website:

www.cancercare.mb.ca/home/patients_and_family/cancer_patient_information/



Subcutaneous immunoglobulin

An innovative program at CancerCare Manitoba is dramatically improving the quality of life for patients with compromised immune systems.

Before the Subcutaneous Immunoglobulin (SCIG) program was piloted in September 2014, these patients would spend five to eight hours each month receiving infusions of plasma at CancerCare Manitoba.

This greatly limited their independence, preventing them from travelling and requiring them to take time off work.

With the SCIG program, patients are trained to administer their own plasma infusions for 30 minutes a week at home.

“There’s no time lost. Patients don’t have to take time off anymore because they can do the infusions at any time, including evenings and weekends,” explains Erin Streu, Clinical Nurse Specialist. “It’s led to better treatment satisfaction and a better quality of life. The program has been very, very successful.”

Patients who are in need of SCIG include those with leukemia, Non-Hodgkin’s lymphoma, and those who’ve received bone marrow transplants. Chemotherapy can also lower the immune system.

“Their immune systems aren’t functioning properly, so these patients are at risk of repeated infections,” Streu says. “The last place they need to be coming to is a place that treats sick people.”

“It’s led to better treatment satisfaction and a better quality of life.”

While the program is available at other clinics throughout Canada, CancerCare Manitoba is the first cancer centre in the country to offer it to its patients.

In the 18 months since it was implemented, 52 people have enrolled. Streu says she's already seen dramatic improvements in their health and quality of life.

"In the 12 months prior to this program, these patients collectively required 126 antibiotic prescriptions. Six months later, they'd only required 31 prescriptions," she adds. "Part of the reason for this is we're able to evaluate them more closely. We're better able to gather info from patients who are enrolled and intervene earlier."

The SCIG program also frees up space for people needing chemotherapy.

"The people who receive the traditional treatment are sharing the same chairs as people who need chemotherapy, so we're freeing up those chairs for people who need chemo," says Streu. "Since 40 percent of our enrolled patients live in rural Manitoba, this program takes some of the burden off community cancer clinics as well."

In just one year, the SCIG program saved 1,728 chair hours, which is the equivalent of one full-time nursing position.

"We also saved \$324,000 worth of blood products. Since patients are being infused once a week rather than once a month, they're able to use lower doses," Streu says. "There's no cost to our patients, since we save 50 percent in supply costs by having patients do the infusions at home."

Once every three months, the patient or caregiver picks up their free supplies at CancerCare Manitoba.

"It's a small half-inch butterfly needle that goes into the fat tissue. We tell patients to sit back, get comfortable, and turn on the TV," says Streu.

"Most people say they can't feel it while it's being infused. The body slowly absorbs it, and since it won't absorb more than it can handle, you don't get reactions."



SCIG PROGRAM PATIENT ADMINISTERING OWN PLASMA INFUSION.

The most common side effect is some swelling and pinkness at the injection site. Streu says homecare and family caregivers can be trained to administer the infusions as well.

"One of our patients is 92, and she's still living independently. We've been able to engage her homecare," she adds. "She asked if she could use the treadmill afterwards. With this program, no monitoring needs to be done. You don't need to take your blood pressure or have a rest period."

Donations to CancerCare Manitoba support research that results in programs like SCIG, improving the quality of life for those living with cancer.

"The support we've received from the Foundation has allowed us to gather information about leukemia patients so we can identify those who are at risk early and intervene," says Streu. "CancerCare Manitoba Foundation has always been so supportive of our chronic lymphocytic leukemia research."



BETTY DONG, MICHEL BRUNEAU, ANNITTA STENNING, PRESIDENT & CEO, CANCERCARE MANITOBA FOUNDATION, JASDEEP MANCER, KERR GRAHAM. MISSING FROM PHOTO: CLAUDETTE BADIOU, KIRSTEN ESKILDSEN, JORDANA JONES, IRENE MAENDEL, ANGELA STEWART LAMPOR.

PROFESSIONAL DEVELOPMENT IN CANCER CARE AND BLOOD DISORDERS AWARD WINNERS 2015-2016

→ Each year, CancerCare Manitoba Foundation is honoured to support health care professionals from across Manitoba who take professional development training to improve their understanding of cancer and blood disorders. In addition to developing knowledge and skills that helps their patients, these professionals also serve as a resource to other health care professionals in the community.

Awards were presented to the following health professionals:

Claudette Badiou, RN, Buhler Cancer Centre, Victoria General Hospital

Michel Bruneau, Family Physician, Pinawa Cancer Care Program

Betty Dong, Pharmacist, Southern Health RHA, Boundary Trails Hospital

Kirsten Eskildsen, Psychosocial Oncology Clinician, Prairie Mountain Health RHA

Kerr Graham, Family Physician, Stonewall Manitoba

Jordana Jones, RN., Western Manitoba Cancer Centre

Irene Maendel, Psychosocial Oncology Clinician, Southern Health-Santé Sud RHA, Steinbach

Jasdeep Mancer, Family Physician, Access River East Centre, Winnipeg

Angela Stewart Lamport, Psychosocial Oncology Clinician, Western Manitoba Cancer Centre

Thank you for your participation in oncology professional development and for your willingness to be a resource to the patients and other health care professionals in your community.

Leave a Legacy Gift

add CancerCare Manitoba Foundation to your will

...and change the course of cancer

HOW TO MAKE A LEGACY GIFT:

Imagine how much good could be done if each one of us remembered a charity in our will or estate plan.

A legacy gift is not a donation. It is an investment. It is all about perpetuating your values, beliefs and strong desire to make a difference. One of the most common “planned gifts” is a bequest; a gift in your will. A bequest could be the most important charitable gift you will ever make. A bequest is a celebration of joy, your values and your life.

A bequest through your will provides you with an opportunity to make a major gift with significant impact upon your death. It also provides a deep sense of joy and partnership – during your life – knowing your gift will significantly impact critical cancer research and patient care. And it allows you to direct your gift to an area of specific interest to you.

We would love to talk with you about your legacy planning. We would welcome sharing what we do at CancerCare Manitoba Foundation, what opportunities are available and how your gift will change the course of cancer in Manitoba. Most importantly we would like to share with you today what your generosity will make possible tomorrow.

- Engage the advice of professionals, i.e. a lawyer and an accountant. These people will ensure that your will truly reflects your wishes, is accurate and legally binding
- Choose an Executor of your will – someone you trust and rely on to carry out your wishes
- Make a list of your assets
- Decide how you would like to divide your assets. Consider your heirs first; charity second
- Decide on the type of gifts you would like to leave. In addition to bequest/ estate gifts, there are gifts of life insurance, real estate, stocks or mutual funds
- Keep your will in a safe place



To explore the opportunity further please contact Patti Smith, Chief Development Officer, at 204-787-1758 to arrange a meeting and a personal tour of our facilities.

Thank you for considering a place for CancerCare Manitoba Foundation in your will.



Erica's Story

as told by Annitta Stenning

I met Erica Rogers several years ago. She was part way through her cancer journey, having been diagnosed with breast cancer at the age of 55. Erica was treated at CancerCare Manitoba and was very grateful for the care she received for nearly a decade.

She was full of life and strong in her convictions. Throughout the years she and I, along with her partner Terry, shared many hours of conversation. One of the things we planned for during those conversations was her wish to leave a legacy gift to CancerCare Manitoba Foundation. Erica was touched

by the many women she met during her cancer experience and was very moved by the personal care they received from CancerCare's many programs. She wanted her gift to support these vital initiatives and impact the experience women diagnosed with cancer – in the future – would receive.

During my time as CEO of the Foundation, I have often remarked that I truly wish I'd had the opportunity to meet and say thank you to the special people who leave legacy gifts. This does not happen nearly enough but with Erica it did. I feel so privileged to have been given this chance. Planning gave us both

tremendous joy as we were able to imagine how her gift would help change other women's lives. We could envision together how Manitoba women would benefit from her foresight and generosity.

Sadly Erica Rogers passed away in November 2015. I will always remember how I felt when I received the news from Terry. She was a very special woman and I'm blessed to have “heard in her heart” how much CancerCare Manitoba meant to her.

Thank you Erica for your generous gift.

How Donations Change Lives

All funds raised stay in Manitoba.

CancerCare Manitoba Foundation has granted over
\$98 MILLION
to CancerCare Manitoba since 2000

CancerCare Manitoba Foundation's cost of fundraising is
17%

Donors have funded
100%
of our tumour bank
→ which is one of the largest in Canada

We provided
7,000 Bowls of Soup
135,000 Cookies
100,000 Beverages
to patients and families during treatment

Cancer treatment is provided at 17 Community Cancer program sites outside Winnipeg

SUPPORTING CANCERCARE MANITOBA'S BEST AND BRIGHTEST

34
HEMATOLOGISTS & ONCOLOGISTS

19 SENIOR SCIENTISTS
in the Research Institute in Oncology and Hematology

8 PEDIATRIC ONCOLOGISTS

CancerCare Manitoba Foundation has supported **70** graduates and medical students since 2008

377
Community Events registered to raise funds for CancerCare Manitoba Foundation

535 wigs
were provided on loan to individuals experiencing hair loss as a result of cancer treatment

721
individuals accessed the services of the Guardian Angel Caring Room last year

27,197
individuals and corporations donated to the Foundation

127
clinical trials were available for participation in 2014

59 pediatric clinical trials were available for participation in 2014.
CancerCare Manitoba Foundation funded more than **50%** of them



WORLD CANCER DAY



FB: Mark Evans up next on Virgin 103 and 17 year old Rachel Kashton and CEO Annitta Stenning on 680 CJOB. Stay tuned to the radio! It's World Cancer Day – let's spread awareness!

PEMBINA VALLEY TWISTERS | #hockey

TWITTER: Pembina Valley Twisters raise \$10K for @CancerCareMBFdn. Fantastic work.



GROWING SUPPORT | #farming #manitoba

TWITTER: Driving near Elie? Check out this fab billboard for Growing Support. \$86K raised in year one!



GET SOCIAL WITH US!

- @CancerCareMBFdn
- CancerCare Manitoba Foundation
- CancerCare Manitoba Foundation
- @ccmbfoundation

MONTH OF THE STACHE

FB: Shout out to these teachers at East Selkirk Middle School who grew out their "staches" in support of prostate cancer research.



HOCKEY FIGHTS CANCER | #hockey #manitoba

TWITTER: So thrilled to send a shout out to @NHLJets! Hockey Fights Cancer raised over \$170K for @CancerCareMBFdn. AMAZING!!



PINK LADIES / FLAMES | #ringette #manitoba

TWITTER: Eastman Flames collecting pledges for @CancerCareMBFdn. Watch for them in pink until March 16.



CASSIA

FB: Little Cassia came by last week and dropped off some funds she made by both a bake sale and a haircut! Absolutely amazing little one! Thank you so much!



Each year hundreds of community events register to raise money for the Foundation. Over \$1.7 million was raised last year alone! Whenever possible we promote these events on Facebook, Twitter and Instagram. Got a great idea and need some help? Call us at 204-784-2777

MARK YOUR CALENDARS

CancerCare Manitoba Foundation hosts four Signature Events each year. Supporting these events as sponsors, volunteers, participants or donors is a great way to help the Foundation raise funds to support the vital work at CancerCare Manitoba.

Further information about these events can be found on our website:
<http://cancercarefdn.mb.ca/signature-events/>

SIGNATURE EVENTS



Challenge for Life 2.0

WALK IT OR WORK IT... BECAUSE YOU CAN!

*Saturday, June 11, 2016
Assiniboine Park, Winnipeg*

WALK IT – We are back for a 9th year walking 20K through some of Winnipeg's most beautiful neighbourhoods. Participate as an individual or team member and raise awareness and funds to support CancerCare Manitoba!

WORK IT – New to the Challenge for Life this year is the Work it exercise extravaganza. Over 200 minutes of aerobics to zumba and

everything in between! Join fellow Manitobans in the workout of your life and reduce your personal risk of cancer.

Whether you Walk It or Work It, you'll be doing it on behalf of Manitobans and their families living with all cancers.

Register now at challengeforlife.ca.

You will be motivated AND you will be making a difference in support of CancerCare Manitoba!



A GOLD-PLATED EVENING – FOR MEN'S CANCER

*Tuesday, April 12, 2016
RBC Convention Centre Winnipeg, York Ballroom*

Join us for a night of great food, entertainment and fabulous auction prizes. This year we are so fortunate to have Doug Harvey as our keynote speaker. Doug is a highly respected business and community leader, outstanding philanthropist and true Winnipegger.

The Gold-Plated Evening has raised more than \$1.6 million to support advancements in prevention, early detection, research and patient care in support of all men's cancers.

Purchase tickets on online at cancercarefdn.mb.ca/signature-events/ or phone 204-927-5430 today!



**THE 25TH ANNUAL
GUARDIAN ANGEL
BENEFIT FOR
WOMEN'S CANCER**

BE INSPIRED! THE 25TH BENEFIT FOR WOMEN'S CANCER!

*Tuesday, October 25, 2016
RBC Convention Centre Winnipeg, York Ballroom*

For 25 years, the Guardian Angel Benefit for Women's Cancer has supported tangible advancements in prevention, early detection, clinical treatment and research and better care. Since its inception, this gala has raised an impressive \$6 million.

Enjoy an evening of fashion and camaraderie with cancer survivors and be captivated by our guest speaker, The Honourable Janice Filmon, C.M., O.M., Lieutenant Governor of Manitoba.

Reserve your seat for this year's anticipated event at cancercarefdn.mb.ca/signature-events/ or phone 204.927.5430 today!



GET YOUR TEAM TOGETHER AND PADDLE FOR KIDS WITH CANCER!

September 9 – 11, 2016

CancerCare Manitoba Foundation and the Children's Hospital Foundation of Manitoba have partnered once again to raise funds for research, care and support for Manitoba kids with cancer. Since 2012, over \$1.28 million has been raised and dedicated to

in-hospital care and pediatric clinical trials that help improve outcomes for our most vulnerable patients.

Paddles Up!

Visit facilitymarketing.com to register today!



You can reduce your risk of cancer up to 50%

Research shows that almost 50% of all cancers can be avoided by introducing fundamental changes to our lifestyles.

Eat well Try to maintain a balanced diet with plenty of vegetables and fruits to boost your nutrients and to help you to maintain a healthy weight.

Shape Up Be active to help you stay healthy and to help maintain a healthy body weight.

Cover Up Protect yourself and your family from exposure to UV (ultraviolet) rays from the sun or tanning beds, and check your skin regularly for any changes.

Get checked Follow cancer screening guidelines and report any health changes to your doctor or dentist.

Be smoke free Don't smoke and avoid second-hand smoke.

 CancerCare Manitoba
FOUNDATION
All funds raised stay in Manitoba.



Donate Online!

Check out our brand new website at cancercarefdn.mb.ca to make a gift online and keep up with the latest news from CancerCare Manitoba Foundation.

Want to receive this newsletter by email? Email us at donate@cancercare.mb.ca



Follow us on Twitter!



Like us on Facebook!



Check us out on Instagram!



Interested in putting on an event to raise funds for CancerCare Manitoba Foundation. Contact our Community Events Team at special.events@cancercare.mb.ca or 204.784.2777.

We're here to help!

CancerCare Manitoba Foundation
ON 1160-675 McDermot Avenue
Winnipeg, Manitoba R3E 0V9
Telephone: 204-787-4177 or 1-877-407-2223
cancercarefdn.mb.ca

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cancercarefdn.mb.ca