

## Look Good...Feel Better is Jan. 8

In collaboration with the American Cancer Society, Bothwell Regional Health Center offers Look Good...Feel Better. This free program teaches beauty techniques to women in active cancer treatment to help cope with treatment-related side effects that may affect one's appearance. The program addresses hair, skin, nails, and make-up. Women will learn ways to disguise hair loss with wigs, scarves, and other accessories. A complimentary cosmetic kit is provided.

The next meeting is 5 to 7 p.m. on Wednesday, Jan. 8, at the Susan O'Brien Fischer Cancer Center, Bothwell Regional Health Center, 601 E. 14th Street, Sedalia.

An RSVP is required to ensure seating and to reserve a cosmetic kit. Please call the American Cancer Society at (573) 635-4839 to reserve your makeup kit and request a wig, if needed. All services are provided free of charge.